

Dr. Sydenham's
Compleat Method
O F
CURING
Almost All
DISEASES,
A N D

Description of their Symptoms.

To which are now Added,
Five Discourses of the same *Author*
concerning the *Pleurisy, Gout, Hysterical*
Passion, Dropsy, and Rheumatism.
Abridg'd and faithfully Translated
out of the Original *L A T I N.*

With short and useful Notes on the
Former Part ; Written by a late Learned
Physician, and never before Printed.

The Fourth Edition.

L O N D O N :

Printed for *Tho. Horne*, and *Rich. Parker*, under
the *Piazza* of the *Royal-Exchange*, 1710.

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THE PREFACE.

THE *Quick Sale of the Former Editions of this Book, is a Convincing Argument of the favourable Treatment that it met with, at its first Publick Appearance in an English Dress: 'Twould be a needless and impertinent piece of Formality to recommend it a second time to honest and ingenious Readers, among whom its own Merit, and the Fame of its Author, has already acquir'd so many Friends. But now that both its Worth and Price are encreas'd, tho'*

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The Preface.

the former far more than the latter ; it will not be improper to acquaint the Reader, that the Additions consist of Six entire Pieces. The First, which was never Printed before, contains short and useful Notes on our Author's Method of Practice, written by one who was intimately acquainted with it, and was himself a Learned Physician. It appears, not obscurely, from some Passages in them, that they were written before Dr. Sydenham's Death, and that they give an Account of some Alterations which a longer Experience had taught that wise and sagacious Person to make in his Method of Curing Diseases.

The other Five are the Abridgments of so many Discourses, extracted with great Care and Fidelity out of Dr. Sydenham's Works, and though this part of the Book is not an exact and verbal Translation, as the former Part is ; yet I have taken care not to

omit

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omit any thing material either in the Historical or Practical Part of these Treatises; neither have I inserted one Sentence in them, which is not to be found, either in the same or equivalent Words, in the Original. The First and Last of these Discourses are the shortest; yet I am confident they will not be unacceptable to any, that shall consider the Dangerousness of the first, and Commonness of both the Distempers that are treated of in them; especially since the Method of Cure is more fully and clearly deliver'd in them, than in the Chapters of the Pleurisy and Rheumatism in the former part of the Book. The Fourth Discourse is larger, and treats of a Disease that has been look'd upon as incurable even by the most skilful Physicians, after it is confirm'd. The Third is yet more full, and gives an excellent and clear Account of that prodigious Multitude of intricate and

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irregular Symptoms, which are commonly known by the Names of the Hysterical and Hypochondriacal Passions. As for the Second, I shall only say, that its Subject is one of the most Cruel and Obstinate Distempers that wretched Mortals are obnoxious to; and that Dr. Sydenham's Treatise of the Gout may be propos'd as a perfect and exact Model for all Discourses of this Nature.

I have met with some very sharp, or rather spiteful, Reflections on some Passages of the Third, (in order of these Additional Tracts) in a late Book of a Famous Writer. But I am persuaded, That if he had expected a serious Answer, he would have chosen better Arguments than a Heap of Musty Authorities. And tho' he treats our deceas'd Author very unhandsomely, and in a manner that is very unsuitable to the Character of a Philosopher or Christian; yet I
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have so great a Regard for his Reputation, that I shall forbear Publishing some Remarks that one of my Friends made on this occasion; and the Reader may judge by this one, whether I had not reason to conceal the rest, That the Publick is more oblig'd to Dr. Sydenham's poor Hydropical old Woman, than (by a modest Computation) to half a Score of the best Female Ægrotus's in his Adversary's Book.

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B

Bleeding

Vomiting

Difficult

Bruising

Burns

C

Bilious

Hysteria

Colic

Consumption

Contusion

Cough

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Concerning the Composition of Remedies.

The common Purging Potion.

Take half an Ounce of Tamarinds, two Drams of Sena-leaves, one Dram and a half of Rhubarb; boil them in a sufficient quantity of Spring-water to three Ounces: Then strain them and dissolve in the Liquor, Manna and solutive Syrup of Roses, of each an Ounce. Mix them for a Potion.

The common Vomit.

Take of *Carduus Benedictus*-water two Ounces, the Infusion of *Crocus Metallorum* an Ounce, Syrup of Clove-gilliflowers half an Ounce. Mix them for a Vomit, which is to be taken about four a-clock in the Afternoon, drinking a large Draught of Posset after every Vomiting.

The Pearl Zulep.

Take Black-Cherry-water, Milk-water, of
B each

each three Ounces ; Barley-Cinnamon-Water one Ounce, prepar'd Pearl, a Dram and an half Sugar-candy, as much as is sufficient ; add Damask-rose-water half a Dram. Mix them for a Julep. Dose, Four or five Spoonfuls in Sicknes or fainting Fits.

The Cordial Julep.

Take Milk-Water, Black-Cherry-Water, each three Ounces ; Plague-Water, Syrup of Clove-Gilliflowers, Syrup of the Juice of Citrons, of each half an Ounce. Mix them, and make a Julep, which is to be taken frequently.

The Decoction for a Diet-Drink.

Take Roots of *Sarsaparilla*, six Ounces ; *Safras* and *China*, of each two Ounces ; Liquorish one Ounce ; boil them in two Gallons Spring-water for the Space of half an hour after which let them stand in a close Vessel over hot Ashes twelve hours ; then boil them again to the Consumption of a third part of the Water ; and as soon as you take the Liquor from the Fire, infuse into it half an Ounce of Aniseeds : after it hath stood two hours more, strain it, and let it stand till it grow clear, then pour off the Liquor into Glass-bottles well stopp'd and reserve it for Use. This is to be us'd for an ordinary Drink, and continu'd thirty Days.

The Opening and Antiscorbutick Apozem.

Take the Roots of Grass, Cichery, Fennel, and Asparagus, of each one ounce; Currans and Raisins ston'd, of each two Ounces; Leaves of Liver-wort, Hart's-tongue, and Maiden-hair, of each one handful; Leaves of Brook-lime (ad-dled towards the end) two handfuls; boil them in a sufficient Quantity of Spring-water to a Quart, to which towards the end add half a pint of Rhenish Wine. Then strain them, and while the Liquor is yet hot, infuse in it for two hours in a close Vessel one handful of the leaves of Garden-Scurvygrafs. After which strain again; and add Syrup of the five Roots, Syrup of Orange-Juice, of each two Ounces; Marley-Cinnamon-Water one Ounce. Mix them, and make an *Apozem*, the Dose of which half a Pint every Morning, and at five in the afternoon fourteen Days together.

be thickening Eclegma (or Licking-Medicine) for a Cough.

Take Oil of Sweet Almonds, one Ounce; Syrops of Red-Poppy, of Purslain, and of Ju-bes, and (the Licking-Medicine call'd) *Loboch*, of each half an Ounce; Sugar-candy a sufficient Quantity. Mix them in a Marble Mortar for the space of an hour, and make a perfectly mix'd Licking-Medicine, which is to be kept in a Gally-pot for use. It is to be taken frequently, licking it off of a Liqueurish-lick.

An Eclegma that thickens more powerfully.

Take Conserve of red Roses, Syrup of Violetts, and of *Meconium*, of each one Ounce; white Poppy-seeds three Drams. Beat them together and strain them through a Hair-sieve, then add express'd Oil of Nutmeg six Grains: Make an *Eclegma*.

In a thin Defluxion.

Take Conserve of red Roses two Ounces Syrup of *Meconium* and Jujubes, of each one Ounce; *Olibanum*, Mastic, and Amber, of each a Dram; express'd Oil of Nutmegs six Grains. Mix them and make a *Loboch*, which is to be lick'd often. You may take twice every day a Spoonful of this *Eclegma*, pouring into it Balsam of Sulphur anisated, from eight to twelve Drops.

Purging Ale.

Take Polypody of the Oak one Pound Roots of Monks Rhubarb, Sena-leaves, and ston'd Raisins, of each half a Pound; Rhubarb slic'd, and Horse-Radish-Roots, of each three Ounces; Leaves of Garden-Scurvy-grass, and Sage, of each 4 Handfuls; four Oranges slic'd. Infuse them in five or six Gallons of Ale when it is fermenting, and when it is ripen'd, use it instead of your ordinary Drink for fourteen or one and twenty Days, especially drink Draught of it every Morning.

The Hysterical Plaister.

Take *Galbanum* dissolv'd in Tincture of *Castoreum* and strain'd, three Drams; *Tachamahac* two Drams. Make a Plaister for the Navel.

Purging Medicine for young Infants.

Take one small Spoonful of Syrup of *Cichory* with *Rhubarb*.

The bitter Purging Decoction.

Take of the bitter Decoction prepar'd with a double quantity of *Sena*, four Ounces; Syrup of *Buckthorn* one Ounce; Electuary of the Juice of *Roses* two Drams. Mix them for a Potion.

*Of the Disease called in
Women the Hysterical,
in Men the Hypochondriacal Passion.*

WHEN the Mind is disturb'd by some grievous Accident, the animal Spirits run into disorderly Motions; the Urine appears sometimes limpid and in great quantity; the sick Persons cast off all hope of Recovery; and portend the most dismal Events to themselves. Whatsoever Part of the Body the Disease doth affect (and it affecteth many) immediately the Symptoms that are proper to that Part appear; in the Head the Apoplexy, which ends in a Palsy of one half of the Body, comes presently after Child-bearing; sometimes they are seiz'd with Convulsions, that very much resemble the Epilepsy, and are commonly call'd the Suffocation of the Womb, in which the Belly and Entrails rise upwards towards the Throat. At other times they are miserably tormented with the Hysterical *Clavus*, in which there is a most vehement Pain in the Head, which you may cover with your Thumb, the sick Person in the mean time vomiting up green Matter, like to that sort of Cholera that hath its Name from Leeks. The Paroxysm doth also counterfeit the Palpitation of the Heart, the Cough, the Colic, the Iliac Passions, the Stone and Suppression

Suppression of Urin : It is attended with prodigious Vomittings, and sometimes with a Diarrhæa ; outwardly in the musculous Flesh it causes sometimes Pains and sometimes Swellings. In the Legs it is like a Dropsy, nor (which is wonderful) doth it leave the Teeth untouch'd. The Back is often cruelly pain'd ; and almost always the external Parts are so cold, that a dead Body is not more. The sick Persons break out ridiculously into excessive Laughter and Tears without any Cause ; and are sometimes troubled with Spitting to such a degree as were enough to make one believe, that they had been anointed with Mercury. Hysterical Pains whatsoever Part they affect, leave a Tenderness behind them that cannot endure to be touch'd, as if the Flesh had been beaten.

Let eight Ounces of Blood be taken away.

Apply the Plaister of *Galbanum* to the Navel : And next Morning let the sick Person begin to use the following Pills.

Take of the Pills call'd *Cochia* the greater, two Drams ; *Castoreum* powder'd two Grains ; Balsam of *Peru*, three Drops : Make twelve Pills, of which take four every Morning, or every second Day, according to your Strength, about four or five a-clock in the Morning, sleeping after them.

Take Rue-water four Ounces, compound Briony-water two Ounces, *Castoreum* tied in a Knot, and hung in the Glass, half a Dram ; Sugar-candy a sufficient quantity. Of this take four or five Spoonfuls in every Fit. After the Pills take what follows.

Take Filings of Steel eight Grains, and with a sufficient quantity of Extract of Wormwood, make three Pills, which must be taken early in the Morning, and repeated at five in the Afternoon, for thirty Days, drinking after them a Draught of Wormwood-wine.

If a Bolus be more acceptable,

Take Conserve of *Roman* Wormwood, and Conserve of the yellow part of Oranges, of each one Ounce; Candy'd *Angelica*, candy'd Nutmeg, Treacle of *Andromachus*, of each half an Ounce; compound Powder of *Aron* three Drams, candy'd Ginger two Drams, with a sufficient quantity of the Syrup of the Juice of Citrons, or (in want of that) Syrup of Oranges, make an Electuary.

Take of this Electuary two Drams, Filings of Steel 8 Grains, and with a sufficient quantity of Syrup of Oranges make a Bolus, which is to be taken Morning and Evening, drinking after it a Draught of Wormwood-wine, or six Spoonfuls of the following Infusion.

Take Roots of *Angelica*, *Elicampane*, and *Master-wort*, of each an Ounce; Leaves of common *Wormwood*, lesser *Centory*, white *Horehound*, and *Germainder*, of each one Handful; the Barks of two Oranges slic'd; pour upon them so much *Spanish* Wine as will rise two Inches above them, and strain at the time of using it. Or,

To delicate Persons the Steel may be given by way of Powder, as follows.

Take Filings of Steel finely powder'd one Ounce, compound Powder of *Aron* six Drams, *Coriander-seed* prepar'd, Seeds of *Anise* and
sweet

Sweet Fennel, of each half an Ounce ; the best Cinnamon, red Coral prepar'd, of each three Drams ; Nutmeg two Drams : Beat them all to a very fine Powder, to which add of the finest white Sugar to the weight of all the rest. Take half a Dram of this Powder in a Spoon twice a Day four Days together, and afterwards a whole Dram twice every Day for forty Days, drinking after it six Spoonfuls of the following Julep, or of Wormwood-wine.

Take Milk-water twelve Ounces, compound Gentian-water four Ounces, Wormwood-water of the greater composition two Ounces, white Sugar a sufficient quantity : Make a Julep ; or,

Take half a Pint of *Rhenish* Wine prepar'd with Wormwood, compounded Gentian-water two Ounces, Syrup of Clove-Gilliflowers one Ounce : Make a Julep.

Take choice Myrrh, *Galbanum*, and *Assa Fetida*, of each one Dram ; *Castoreum* half a Dram ; with a sufficient quantity of the Balsam of *Peru* make them up into Pills, 12 out of every Dram ; of which take 3 every night, drinking after them take 3 or 4 Spoonfuls of compound Briony-water, during the whole Progress of the Cure.

If these Pills move the Belly, use those that follow.

Take *Castoreum* one Dram, Volatil Salt of Amber half a Dram ; with a sufficient quantity of Extract of Rue make 24 Pills ; of which take 3 every Night, drinking after them 3 or 4 Spoonfuls of the Hysterical Julep.

Spirit of Hartshorn exhibited frequently to sixteen or eighteen Drops, is of excellent use.

But if the Disease doth not yield to these Remedies, then take the following Pills.

Take Troches of Myrrh powder'd one scruple, Balsam of Sulphur terebinthinated four Drops, with a sufficient quantity of Gum Ammoniac dissolv'd ; make four Pills, which must be taken Morning and Evening, drinking after them four or five Spoonfuls of the Hysterical Julep, with twelve Drops of Spirit of Harts-horn.

The Antiscorbutic Electuary, with the Water there describ'd, is also good in this Disease, and likewise the corroborating Electuary, with the Addition of Conserve of Garden-Scurvy-grass one Ounce ; Compound Powder of *Aron* six Drams, drinking after it the fore-mention'd Water.

But if all these Remedies prove ineffectual, you must have recourse to the Waters that partake of Iron ; and if these also do no good, to those that are sulphureous, such as are the *Bath-Waters*.

Concerning the Use of the Mineral Waters, these things are to be observ'd : If any bad Symptom appear, which may be ascribed to the drinking of the Waters, in such a case you must abstain from them, till the Symptoms disappear. Continue the use of them for six Weeks at least, or rather two Months. Eat now and then candi'd Ginger, or confected Caraway-seeds, to warm the Stomach. You may also take three of the Hysterical Pills the first ten Nights, drinking after them four or five Spoonfuls of the Hysterical Julep.

As for the *Bath-Waters*, you must drink them two Days, and bathe in them the third, proceeding

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ing thus alternately six Weeks or two Months.

If the Steel heat the Body too much, then during the use of it drink every fourth Morning four Pints of Mineral purging Waters : Which tho' they move the Belly, yet cause no Agitation, as the purging Medicines of the Shops usually do.

Of the Depuratory, or cleansing Fever of the Years
1661, 62, 63, 64.

If the sick Person be young, he must be let blood in the Arm, and the same Day, some Hours after, or the next day, two hours after a light Dinner, let him take a Vomit of the Infusion of *Crocus Metallorum*, and after that has done working, drink a Pacific Draught, such as that which follows.

Take Black-Cherry-water one Ounce and a half, Plague-water half an Ounce, liquid *Laudanum* sixteen Drops : Mix them for a Draught.

From this to the eleventh or twelfth Day, the following Clyster is to be injected every Morning.

Take of the common Decoction for a Clyster one Pint (or the like quantity of Cows Milk) brown Sugar, and Syrup of Violets, of each two Ounces. Make a Clyster.

After that day, suffer his Belly to be constipated, that so the Febril Matter may the sooner be concocted, to which Purpose also moderate Cordials exhibited during these last Days, are very useful ; as,

Take Powder of Crabs-claws compound 14 Grains, Electuary *de ovo* half a Scruple, with a sufficient quantity of Syrup of Clove-gillflowers

ers make a Bolus, which may be taken every eight Hours, drinking after it five or six Spoonfuls of the following Julep.

Take Milk-water, Black-Cherry-water, of each three Ounces ; Plague-Water, and Syrup of Clove-gilliflowers, of each one Ounce : Mix them, and make a Julep, or such like.

If you diligently observe this Method, you will usually about the fifteenth Day perceive (both by the laudable breaking of the Urine, and the manifest remission of all the Symptoms) that it is time to exhibit the common purging Potion.

Of the Pestilential Fever of the Years 1665, 66.

After the sick Person hath been let blood in his Bed, let him be cover'd all over with Clotahs, and his Forehead bound about with a piece of Woollen Cloth ; and then if he doth not vomit, let some Medicine to procure Sweat be exhibited to him ; as,

Take Treacle of *Andromachus* half a Dram, Electuary *de Ovo* one Scruple, Powder of Crabs-claws compound twelve Grains, Cochinele eight Grains, Saffron four Grains ; with a sufficient quantity of the Juice of *Kermes*, make a Bolus, which must be repeated every sixth hour, drinking after it six Spoonfuls of the following Julep.

Take *Carduus Benedictus* Water, and compound *Scordium* Water, of each four Ounces ; distill'd Treacle-water, two Ounces, Syrup of Clove-gilliflowers one Ounce : Mix them for a Julep.

But

But if he be troubled with vomiting, the sudorific ought not to be given till the weight of the Cloaths alone make the Sweat begin to appear, his Face being in the mean while cover'd with part of the Sheets.

The Sweat thus begun must be promoted with repeated Draughts of Sage-Posset, or Beer boil'd with a little Mace, and continued in this manner the space of a natural Day, or 24 hours; during which time he may be allow'd some comfortable Broths for Refreshment.

After the breaking forth of a Swelling, I durst not open a Vein. Let the sick Person keep his Bed four and twenty Hours after the Sweating is over, and diligently avoid all manner of Cold, suffering his Shirt to dry of it self upon his Body. Let him drink nothing but what is hot, and still persist in the use of Sage-Posset: Next Morning let him take the common purging Potion.

The Years 1667, 1668. produc'd the Small-Pox, and a Fever partaking of their Nature.

In the Year 1669, 70, 71, 72, a dysenterical Fever reign'd.

And the Years 1673, 74, 75, were infested with a Comatous or sleepy Fever.

I do not insist upon the Cure of these Fevers, because I am of opinion that they might have been cur'd by the Method describ'd in the Account of the Fever of the Years 1685, &c.

Of the Intermitting Fever.

They begin with Cold and Shivering, which is immediately followed by Heat, and that

by Sweating, after which the Fever disappears, tho' during the first Days of the Disease, especially in *Autumn*, there sometimes happens a Remission, rather than a proper Intermission of the Fever. Both the cold and hot Fits are for the most part attended with an Inclination to vomit, vehement Sicknes, Thirst and Driness of the Tongue. The Swelling of the *Abdomen* in Children, and of the Feet in Men, signify the Solution of the Fever. A Pain in the Jaws, Hoarseness, hollow Eyes, and a ghastly Countenance, portend Death.

Take of the *Peruvian* Bark in fine Powder one Ounce, and with a sufficient quantity of Syrup of Clove-gilliflowers, or of dry'd Roses, make an Electuary, to be divided into twelve Doses, of which one is to be taken every four Hours, drinking after it a Draught of any sort of Wine, beginning immediately after a Fit.

But if these *Bolus's* move the Belly, pour ten Drops of liquid *Laudanum* into the Draught of Wine after every second Dose, as you see occasion.

To prevent Relapses, (especially of Quartans) the foregoing Process must be twice repeated in the three following Weeks.

If the Form of Pills be more grateful,

Take the *Peruvian* Bark in Powder, one Ounce; and with a sufficient quantity of Syrup of Clove-gilliflowers, make Pills of a moderate bigness; of which take six every four Hours.

Take Powder of the *Peruvian* Bark two Ounces, *Rhenish*-Wine a Quart. Let them stand together in a cold Infusion, and strain them through a Woollen Cloth. Dose three Ounces every four Hours.

Another

Another Method for curing Tertian.

Take *Virginian Snake-weed* in fine Powder, fifteen Grains, White-wine three Ounces: Give it to the sick Person two Hours before the Fit, and covering him with Cloaths, let him sweat three or four Hours: Repeat the same Doses the two following Fit-days in the same manner.

Of intermitting Fevers in Children.

Take Black-cherry-water, and *Rhenish Wine*, of each two Ounces; the *Peruvian Bark* in fine Powder three Drams, Syrup of Clove-gilliflowers one Ounce: Mix them and make a Julep. Dose a Spoonful or two, according to the Child's Age, every four Hours, till the Fits return no more; pouring into every second Dose, if there be a Diarrhœa, one or two Drops of liquid Laudanum.

Of the present Fever, from the Year 1685, to 90.

The Signs are, Heat and Cold coming by turns, Pain in the Head and Limbs, the Pulse in the mean time almost well, sometimes a Cough, a Pain about the Neck and Jaws, the exacerbation of the Fever towards Night, Unquietness, Thirst, the Tongue either moist and cover'd all over with a white and rough Film, or dry and of a dark Colour in the middle, which is compast about with a whitish Border. They that constantly keep their Beds are thereby expos'd to Coma's and Phrensies, and Spots, purple Specks, miliar Eruptions,

Eruptions (as they are call'd) which are redder than Measles, Irregularity of the Pulse, starting of the Tendons, and at last Death are the Effects of a hot *Regimen*. In the beginning Symptomatical Sweats appear, which if provok'd by Art, break forth clammy in the Head, and translate the Morbific Matter to the Head or Limbs.

Let the sick Person be let blood in the Arm, and ten Ounces of Blood taken from him; which must be repeated, if difficulty of Breathing, a rending Pain in the Head, with a Cough and other Signs of a Bastard *Peripneumonia* appear: For in this case, both the letting of Blood and Purging must be constantly repeated till the sick Person recover.

At night let a blistering Plaister be apply'd, and the next Morning a lenitive Potion prescrib'd, which must be thrice repeated every second Day; and always after Purging a composing Draught is to be taken at night.

Take Cowslip-water three Ounces, Syrup of *Meconium* one Ounce, Juice of Lemons newly prest out, two Spoonfuls: Mix them for a Draught.

Blisters in the Mouth and Throat, as also the Hiccough do sometimes come of themselves after the Fever is cur'd, and usually go away of themselves quickly after. But if they stay long they may be easily driven away by an Ounce of the *Peruvian* Bark, reduc'd into an Electuary or Pills with the Syrup of red Poppies, drinking after every Dose a Draught of Whey. This Remedy will most certainly prove effectual, if its Vertue be not eluded by constant lying in Bed.

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In those Days that are free from Purgation, the following things are to be prescrib'd.

Take Conserve of Wood-sorrel, of Sweet-briar, of each one Ounce; Conserve of Barberries half an Ounce, Cream of Tartar one Dram; with a sufficient quantity of Syrup of Lemons make an Electuary; of which take about the bigness of a Nutmeg thrice in the day, drinking after it six Spoonfuls of the following Julep.

Take Water of Purslain, of Lettuce, and of Cowslips, of each three Ounces; Syrup of Lemon one Ounce and a half, Syrup of Violets one Ounce: Mix them and make a Julep.

If the Stomach be so disorder'd by the Fever, that it cannot retain a Potion, prescribe the Pills *Cochia* the greater, two Scruples for a Dose, and also a Medicine to procure Sleep; for Example, one Grain and a half of *London Laudanum*, with the like quantity of Mastic, or 18 Drops of liquid *Laudanum* in one Ounce of Barley-Cinnamon-Water.

Let the sick Person drink the white Decoction and small Beer also at pleasure.

Of the Fever of the present Constitution in Children.

Let two Leeches be applied; one behind each Ear, and a blistering Plaister to the Infusion of the Neck.

Let them be purg'd with the Infusion of Rhubarb in Beer.

If after Purgation the Fever seem to intermit, give them the Julep with the *Peruvian Bark*, describ'd in the Chapter *Of Intermitting Fevers in Children.*

of

Of the Scarlet Fever.

Children are chiefly infested with it about the latter end of *Summer*. At they first they are seiz'd with a *Coldness* and *Shivering*, yet they are not very sick. The whole Skin is spotted with little red Specks, that are thicker, broader, and of a redder Colour than in the Measles. They continue two or three Days, and then disappear, and the uppermost Skin falling off, that which is under it appears stain'd with mealy Scales.

Take burnt Harts-horn and compound Powder of Crab's-claws, of each half a Dram; Cornichin two Grains, Sugar-candy one Dram; mix them, and beat them to a very fine Powder, to be divided into twelve Papers, of which one is to be taken every six hours, drinking after them two or three Spoonfuls of the following Julep.

Take Black-Cherry-water, Milk-water, of each three Ounces; Syrup of the Juice of Citrons an Ounce: Mix them, and make a Julep.

Also let a blistering Plaster be apply'd to the hinder part of the Neck; and every Night exhibit a composing Draught of Syrup of *Mecconium*; and the Symptoms ceasing, prescribe a purging Medicine.

Of the Pleurisy.

It reigns between the Spring and Summer. It begins with Coldness and Shivering, which are quickly accompanied with Heat, Thirst, Unquietness, and the other Symptoms of a Fever.

After

After a few Hours a pricking Pain is felt in one of the Sides, about the Ribs, which sometimes stretches it self towards the Shoulder-blades, sometimes to the Back, and sometimes towards the Breast. The Matter that is cast forth with the Spittle in the Beginning of the Disease appears thin and in little quantity, and is often mixt with Particles of Blood; but afterwards it is rais'd more copiously, is better concocted and still appears mixt with Blood. The Fever holds pace with the Cough, spitting of Blood, and Pain and according as the Expectoration is more or less free, abates by degrees. The Belly is sometimes constipated, and sometimes too loose. The Blood of Pleuritic Persons resembles melted Tallow, when it is cold.

Let a Vein be open'd in the Arm on the affected Side, and ten Ounces of Blood extracted.

Take Red-Poppy-Water four Ounces, *Sal Prunella* one Dram, Syrup of Violets an Ounce: Mix them for a Draught to be taken immediately after the first Blood-letting.

Take five Almonds peel'd, Seeds of Melons and Pompions, of each half an Ounce; white Poppy-seeds three Drams, Barly-water, one Pint and a half; Rose-water two Drams, with a sufficient Quantity of Sugar-candy: Make an Emulsion according to Art. Dose four Ounces every four hours.

Take of the pectoral Decoction a Quart, Syrup of Violets and of Maiden-hair, of each an Ounce and a half: Mix them and make an *Apozem*. Dose half a Pint thrice in the Day.

Take Oil of sweet Almonds 2 Ounces, Syrup of Violets and of Maiden-hair, each 1 Ounce:
Sugar

Sugar-candy as much as is sufficient. Mix 'em and make an *Eclegma* or licking Medicine, to be frequently used.

Oil of sweet Almonds by it self, or Linseed Oil may be also exhibited.

Take Oil of sweet Almonds, of Lillies, and the Ointment of *Dialthee*, of each an Ounce. Mix and make a Liniment, with which the affected Side may be anointed Morning and Evening, laying over it a Cabbage-leaf.

The letting of Blood must be repeated yet 3 times more, extracting still the same quantity of Blood for 4 Days together ; if the Pain and difficulty of breathing seem to require it.

Of the Bastard Peripneumonia.

It begins to appear upon the approach of Winter, and oftentimes toward the end of it. At the first the sick Person is hot and cold by turns, he can't stir without being troubled with Dizziness or swimming of the Head ; his Cheeks or Eyes are red and inflam'd ; he coughs, and in coughing is tormented with a rending Pain in the Head, he vomits up liquid things, his Urine is thick and very red, his Blood resembles that of a Pleuritic Person ; he breaths thick and short, with a Pain in his Breast. This Disease is plainly distinguish'd from a dry *Asthma*, in which no Signs of a Fever appear, but in this are manifestly discover'd, tho' they are much more obscure and less Violent than a true *Peripneumonia*.

Let the sick Person be let blood in the right Arm, to the quantity of ten Ounces, and the next Day take this Potion.

Take

Take extracted *Cassia*, one Ounce, Liquorish two Drams, four fat Figs, Leaves of *Sena*, two Drams and a half. Troches of *Agoric* one Dram: Boil them in a sufficient quantity of Water, to four Ounces; then strain and dissolve in the Liquor *Manna* one Ounce, solutive Syrup of Roses half an Ounce.

But if he cannot take a Potion, let him take two Scruples of the Pills *Cochie* the great, at four in the Morning.

The day following let a Vein be open'd again, and the same quantity of Blood extracted as formerly, and the Day after let the purging Medicine be again exhibited, and afterwards repeated once in three days, if the consideration of his Strength do not require longer Intervals to be allow'd him. Moreover, if the Symptoms still continue, he must be again let Blood once, twice, or oftner, interposing always some Days, as you see occasion; but for the most part the second letting of Blood will be sufficient. In the mean time, while this Method is pursu'd, let him use the pectoral Decoction, *Eclegma*, and Oil of sweet Almonds, prescrib'd in the foregoing Chapter, especially in the Days that are free from Purgation.

Of the Rheumatism.

In this Disease they are first taken with Coldness and Shivering, and the other Symptoms of a Fever; and after a Day or two (sometimes sooner) they are seiz'd with a most sharp Pain, sometimes in one part, and sometimes in another, but especially in the Wrist, Shoulders, and
Knees,

Knees, which it leaves and assaults by turns, the Part last affected remaining for some time after red and swoln. The Fever wears off by degrees, the Pain still continuing, yea and sometimes raging more cruelly than before. In Rheumatic Aches of the Loins, there is a most violent Pain that remains fix'd about the Region of the Loins, and resembles the Stone ; only the sick Person is not troubled with a desire to vomit. He cannot lie in his Bed, but either leaps out of it, or sits upright in it, perpetually tossing his Body backwards and forwards. The Blood is like that in a Pleurisy.

Let ten Ounces of Blood be taken from the Arm of the Side affected.

Take Water of Lettuce, Purslain, and Water-Lillies, of each four Ounces ; Syrup of Lemons one Ounce and a half, Syrup of Violets one Ounce : Mix and make a Julep to be drank at pleasure.

Prescribe an Emulsion of the four greater Cold Seeds ; and a Cataplasm of the Crums of White-bread and Milk, ting'd with Saffron, to be apply'd to the Part affected.

The Day after let the same quantity of Blood be taken away as before, which must be repeated after a Day or two, and the same Operation must be reiterated four times, or oftner, if need require. Observing that after the second time the Intervals must still be longer.

In the Days that are free from Phlebotomy, let a Clyster of sugar'd Milk be sometimes injected, or that which follows.

Take of the common Decoction for a Clyster one Pint, Syrup of Violets, and brown Sugar,

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of each two Ounces : Mix them for a Clyster.

If the Patient's Weakness will not permit the repeated taking away of his Blood, then after the second or third time the Cure is to be thus attempted.

Let him take the common putgung Potion every second Day, while his Illness continues, and the same Nights a composing Draught of the Syrup of *Meconium*.

But if these Remedies prove ineffectual, and the Feebleness of the Patient is such, that he cannot bear any evacuations, let him use the Antiscorbutic Electuary and Water, describ'd in the Chapter of *the Scurvy*, which are also useful in the scorbutic Rheumatism.

In young Persons, and such who are not much addicted to Wine, the Rheumatism may be as happily cur'd by a very cooling and indifferently nourishing Diet, as by repeated letting of Blood, which they cannot so well bear. For Example.

Let the Patient live only upon Whey four Days together ; and afterwards, besides his Whey, he may, once in a Day, instead of a Dinner, eat a little Bread made of fine Flour, till he perfectly recover : only during the last Days of his Illness, he may be allowed to eat another piece of Bread for his Supper. After the ceasing of the Symptoms, he may eat boil'd Chickens, and other Meats of easy Digestion, observing every third Day to feed only upon Whey, till he be perfectly restored to his former Health.

Of the Erisipelatous Fever.

All the Parts of the Body, especially the Face

Face, are swoln, red, and full of Pain. The Face and Head are overspread with little thick Pimples, which sometimes rise into Blisters; the Eyes are hid under the Swelling, Coldness, Shivering, and other Signs of a Fever do all appear. There is another *Species* of this Disease caus'd by the drinking of attenuating Liquors in which there is a slight Fever, accompanied with Wheals, like the Pushes that are caus'd by the pricking of Nettles, which sometimes rise up into Blisters, then immediately vanish, and lurking under the Skin, where they occasion a very troublesom Itching, after Scratching they appear again. There is also another kind of Eruption, which usually breaks out in the Breast; and is a broad Spot that hardly rises above the Skin, being scurfy and full of yellow Scales. The Person affected with it is well as long as it continues, but after its disappearing there follows a slight Sicknes, and the Urine looks troubled and yellow. It is cur'd with the same Remedies that are prescrib'd for a confirmed Itch. Let the Patient drink Wine, and feed upon Meats of easy Digestion.

Let a Vein be open'd in the Arm, and nine or ten Ounces of Blood taken away; the next Day let the common purging Potion be exhibited.

Take of the Roots of Marsh-mallows, and Lillies, of each an Ounce; Leaves of Mallow, Elder, and base Mullein, Flowers of Camomile, and Melilot, Tops of St. John's-wort, and lesser Centory, of each one Handful; Lin-seed, Fenugreek-feed, of each half an Ounce. Boil them in a convenient quantity of Water to

Pints

ints; strain out the Liquor, and when you use it, add to every pint two ounces of Spirit of Wine. Dip pieces of Woollen Cloth in this Decoction, and having squeez'd them, apply them hot twice every day, anointing the part affected, after fomentation, with the following mixture.

Take half a pint of Spirit of Wine; Treacle of *Andromachus* two ounces, Powder of Long Pepper and Cloves, of each two drams, Make a Mixture, in which dip a piece of Brown Paper, and wrap about the part affected.

If the first Letting of Blood be not sufficient let it be repeated; and if the Disease still continue, the same must be reiterated yet once and again, interposing always one day.

In the days that are free from letting of blood, prescribe a Clyster of Milk with Syrup of Violets, and cooling Emulsions and Juleps.

Of the raging Itch, and other inveterate Diseases of the Skin, which are not curable by letting of Blood and Purging.

Take Treacle of *Andromachus* half a dram, the Electuary *de Ovo* one scruple, the Root of *Virginian* Snakeweed in fine Powder fifteen grains; *Oriental Bezoar* five grains: with a sufficient quantity of the Syrup of Citron-pickle, make a *Bolus*, to be taken at the time of going to Bed one and twenty days together, drinking after it six spoonfuls of this Julep.

Take of *Carduus Benedictus* water, six ounces, Will'd Treacle-water, Plague-water, of each

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two

two ounces; Syrup of Clove-gilliflowers, one ounce: mix and make a Julep.

Let the Patient drink every morning half a pint of warm Posset, and sweat an Hour after it.

This course being ended, if the Pimple still remain, let the parts affected be anointed with the following Liniment.

Take of the Ointment of sharp-pointed Dock, two ounces; Pomate, one ounce; Flower of Brimstone, three drams; *Oleum Rhodij*, half a scruple: make a Liniment.

But these Remedies ought not to be used till the Patients Body hath been first duly prepared by letting of Blood and Purging.

Of the Quinsy.

The Quinsy doth most frequently occur twice the Spring and Summer. The first attack of the Fever is seconded by a pain and inflammation of the Jaws; which, together with the swelling of the *Uvula*, *Tonsils* and *Larynx*, render the sick Person unable either to swallow or breathe.

Let a Vein be open'd in the Arm, and a great quantity of Blood taken away. Let the inflamed parts be touch'd with Honey of Rose, and impregnated to a very high degree of acidity with Spirit of Vitriol, or of Sulphur, or with Spirit of Vitriol alone. Presently after let the following Gargarism be prescribed, to be used not after the usual manner, but held in the mouth, without any agitation, till it grow hot, and then spit it out, and ever and anon repeat

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Take Plantain-water, Rose-water, and Frogs
Sperm-water, of each four ounces; the Whites
of three Eggs, by shaking reduc'd to Water;
Sugar-candy three drams: Mix and make a
Gargarism.

Let the cooling Emulsion prescrib'd for the
Pleurisy be daily used.

Next morning, unless the Fever and Diffi-
culty of Swallowing be abated, the letting of
Blood must be repeated, and the Purgation de-
lay'd till the day after, which otherwise ought
to have been attempted with some lenitive Me-
dicine.

If after all the Disease doth continue (which
happens very rarely) both the Letting of Blood
and Purging must be reiterated. Let a large
and sharp Blistering Plaister be applied to the
hinder part of the Neck after the first Letting
of Blood.

Every day that is free from purging, let a
cooling and softning Clyster be injected in the
morning. Let the Patient use a thin Diet, and
abstain from his Bed every day for some hours.

In all these Fevers which I call *Intercurrent*,
as also in that of the present constitution, it is
diligently to be observed, that the sick person
must abstain from his Bed a great part of the
day, and that he must feed upon Barly or Oat-
meal Broths, and such like things, and use Small
Beer Hopp'd, and Milk and Water for his ordi-
nary Drink.

Of the Measles.

They chiefly invade Children. The first day
they

they are taken with a chilness and shivering grow hot and cold by turns. The second day the Fever is at the height, and the following Symptoms appear. Vehement Sicknes, Thrift, Want of Appetite, the Tongue is white (but not dry) a little Cough, Heaviness of the Head and Eyes and an Inclination to sleep, a Humour perpetually dropping from the Nose and Eyes, which Tears are a most certain sign of the Measles. Also Sneezing, Swelling of the Eye-lids a little before the Eruption, Vomiting, a *Diarrhea* Loosness, Greenness of the Excrements, especially in Children that are breeding Teeth. The Symptoms increase till the fourth day, in which (and sometimes in the fifth) the Forehead and Face begin to be mark'd with little red Spots not unlike to Flea-bitings, which being afterwards augmented both in bigness and number run together in Clusters, and stain the Face with great red Spots, that are made up of small Pussh raised so little above the Skin, that you can hardly perceive the protuberancy of them with your Eye, tho' you may feel it by slightly touching them with your finger.

From the Face, where at the first they only appear, they spread themselves over the Breast, Belly, and last of all the Legs, in which parts they are broad and red, and rise not above the surface of the Skin. After the Eruption of the Measles the Symptoms are not mitigated, as in the Small-Pox. The Vomiting indeed ceases, but the Fever, Cough and Difficulty of Breathing are increas'd, and the Defluxion upon the Eyes, the Drowsiness and Dejection of Appetite still continue. On the sixth day, or thereabouts,

the Forehead and Face grow rough, the Wheals
 dying away, and the uppermost skin being bro-
 ken, in the rest of the Body the Spots appear very
 broad and red. About the eighth day these in
 the Face vanish, and scarcely are there any to
 be seen in the rest of the Body. The day fol-
 lowing they disappear entirely, leaving behind
 them certain mealy Scales in the Face and Limbs,
 and sometimes over all the Body; and at this
 time the Fever, Cough, and difficulty of Breath-
 ing increase. In adult Persons that are kept
 hot, the Spots grow first livid, and then Black.
 Take of the Pectoral Decoction a Pint and
 a half; Syrup of Violets, and of Maiden-hair,
 of each an ounce and a half: mix and make an
 Apozem. Dose three or four ounces, three or
 four times in the day,

Take of Oil of sweet Almonds, two ounces;
 Syrup of Violets, and of Maiden-hair, of each
 an ounce; White Sugar-candy, as much as suf-
 ficeth: mix and make an *Eclogma*, to be taken
 often licking, especially when the Cough is
 troublesome.

Take of Black-Cherry water, three ounces;
 Syrup of *Meconium* one ounce: mix them for
 a Draught, which is to be taken every night,
 from the beginning to the end of the Disease,
 augmenting or lessening the Dose according to
 the Age of the Patient.

Let the Sick Persons keep their Beds two
 days, after the first Eruption of the Spots.

If after the disappearing of the Measles, they
 be succeeded by a Fever, difficulty of Breathing,
 and other Symptoms, counterfeiting a *Peripneu-*
monia, in such a case a Vein in the Arm is to be

open'd, and a great quantity of Blood taken away once, twice, or thrice, as the occasion shall require, interposing always a convenient space of time betwixt. Let the Patient also continue the use of the Pectoral Decoction above described, as also of the *Loboch*, or Oil of Sweet Almonds, by it self. And about the twelfth day from the first beginning of the Disease, let him be purg'd with a Lenitive Medicine.

The *Diarrhea* or Loosness, that comes after the Measles, is cured by letting of Blood.

Of the Small Pox.

They are of two kinds, the Distinct and Running (commonly call'd Flux'd) Pox. The first at the beginning are attended with Chillness and Shivering, intense Heat, vehement pain of the Head and Back, disposition to Vomit; in Adult persons, with a great propensity to sweat (from whence you may conclude, that they will not run together) a pain under the hollow part of the Breast if it be prest with the Hand. Dulness and Sleepiness, and sometimes *Epileptick* Fits (especially in Children) which if they come after the breeding of Teeth is over, you may foretel that the Small Pox is at hand; insomuch that if the *Epileptick* Fit happens over-night, the Pox will shew themselves next morning, and are for the most part of a mild sort, and very rarely run together. On the fourth day inclusively from the beginning, and sometimes later, but rarely sooner, the Pox break out, at which time the Symptoms either abate or entirely disappear. At the first Reddish

Pushes

Pusshes appear scatter'd over the Face, Neck
 Breast, and the whole Body; then comes a Pain
 in the Jaws, which increaseth as the Pox rise
 higher. About the eight day from the first in-
 vasion of the Disease, the Intervals between
 the pimples, which are hitherto white, begin
 to be red and swoln, and affected with a stretch-
 ing pain; the Eye-lids swell, and like blown
 Bladders cover the Eyes. Next after the Face,
 the Hands swell, and the Fingers are distended;
 the Pox in the Face which before were smooth
 and red, now appear rough (which is the first
 sign of Maturation) and whitish: Moreover
 they cast forth a yellowish Juice, in colour not
 unlike a Honey-comb. The Inflammation of the
 Face and Hands being now at the height, the In-
 tervals between the Pimples appear of a florid
 colour, like that of Damask Roses, and the mild-
 er the Pocks are, so much the more lively do both
 they and the skin between them express that co-
 lour. The Pimples in the Face grow still rougher
 and yellower as they grow riper; but in the Hands
 and the rest of the Body, they daily grow whiter
 and less rough. The eleventh day, the Swelling
 and Inflammation abates, and the Pox being arriv'd
 at their due maturity and bigness (which equals
 that of the greater sort of Pease) wither and fall
 off. On the 14th or 15th they perish entirely;
 but they that are in the Hands are of a more
 obstinate nature; and being still white and fresh
 they continue a day or two longer, after which
 they break; whilst these that are in the Face
 and the rest of the Body fall off in Scales, which
 in the Face are succeeded by Holes or Pits. Du-
 ring the whole course of the Disease, the Belly is

either quite constipated, or very rarely performs its Office. The greatest part of those to whom this Disease proves mortal, die on the eighth day in the Distinct, and on the eleventh in the Running Kind. For when, in the first sorts of Pox, Sweating is promoted with Cordials, or a hot *Regimen*, on the foremention'd day, the Face, which should be swoln and inflam'd in the distances between the Pimples, on the contrary appears flaccid and whitish; whilst in the mean time the Pox are red and high, and even continue to be so after death: That Sweat also which had hitherto flow'd abundantly, suddenly disappears: The Sick person becomes light-headed, vehemently sick and anxious, tosses his Body, pisseth little and often, and within a few hours expires.

In the Running kind the Symptoms are the same, but more violent: The Fever (for example) Anxiety, Sickiness, Disposition to Vomit &c. do more cruelly torment the Diseased Person; but there is not the same propension to sweat, as in the other kind. A Looseness sometimes comes before the Eruption of the Pox, and continue a day or two after, which scarce ever happens in the Distinct sort. On the third day, or sooner, rarely later, they break out, and the sooner they appear, the more they run together. Sometimes their Eruption is retarded till the fourth or fifth day, by the violence of some Symptom, such, as (for example) a pain in the Loins, Side or Limbs, counterfeiting the Stone, Pleurisy or Rheumatism, or in the Stomach with vehement Sickiness and Vomiting. The Symptoms abate not immediately after the coming

coming out of the Pox, as they do in the other kind; but the Fever and the rest also continue to afflict the sick person many days afterwards. Sometimes they break forth after the manner of *Erysipelas*, and sometimes like the Measles, but are plainly distinguish'd by the time of the Eruption. During the progress of the Disease they do not rise to any considerable height, but being intangled together in the Face, like red Blisters, they cover the whole Countenance, which swells sooner than in the Distinct kind. Afterward they appear like a white skin glu'd to the Face, and are not much higher than the surface thereof. The eighth day being past, the white Film grows daily rougher by degrees, and of a brown colour. The pain in the skin is more intense, till at last the scales fall off, which in so cruel a Disease happens not till after the twentieth day. This in the mean time is worthy to be observ'd, that by how much nearer the ripening pimples approach to a dusky colour, so much more dangerous are they, and disappear more slowly; but the yellower they are, they run the less together and vanish more quickly. After the Film is fallen off there appears no roughness in the Countenance, but it is immediately overspread with mealy scales of a very corrosive nature, which leaves pits behind them, and oftentimes Scars. Sometimes the Skin of the Shoulders and Back comes off. The dangerousness of the Disease is to be estimated by the number and frequency of the Pimples in the Face alone. These that are in the Hands and Feet are biggest, and the higher you ascend from the extremities of the Limbs, the lesser and narrower they grow

grow. In adult persons, Salivation, and a Loosness in Children (tho' not so certainly) accompanies the Running Kind. The Salivation sometimes begins at the time of Eruption, sometimes two or three days after, the sick person spitting at the first a thin matter, which on the eleventh day grows more visious, and is voided with great difficulty. He is thirsty, hoarse, extremely dull and sleepy; the Cough sometimes surprizes him as he drinks, and the Liquor returns through his Nostrils. Then the Salivation usually ceaseth, and unless the Swelling of the Face and Hands now notably beginning, and considerably lasting, supplies its room, the sick person forthwith dies: for though according to the Genius of the Disease, the Swelling of the Face should abate somewhat on that very day, yet ought it not entirely to disappear till a day or two after. The *Diarrhea* surprizes not Children so early as the Salivation does Men. In both these Kinds of Small Pox, the Fever reigneth from the beginning to the time of the Eruption, from which to the time of the Maturation of the Pimples it abates, and, that being finish'd, vanishes. The bad *Regimen*, or Government of the sick Person, occasions divers irregular Symptoms; such as the Flaccidity and falling down of the Pox, Phrensy, *Coma*, or perpetual Sleepiness, Purple Spots scatter'd between the Pimples, and little black Spots on the tops of them, subsiding in the middle, pissing and spitting of Blood about the beginning of the Disease, suppression of Urine, &c.

The Separation and Febril Ebullition are transacted in the first three or four days. The

Ex-

Expulsion is perfected in the following day by means of little abscesses arising in the skin

Let a Vein be open'd in any of the three first days, and nine or ten ounces of Blood taken away; and afterwards exhibit a Vomit of an ounce, or an ounce and a half of the Infusion of *Crocus Metallorum*.

During the first day let the Blood be diluted by frequent Draughts of Small Beer hopp'd.

Assoon as all the Pox are come forth (which is usually on the sixth day of the Disease) let an ounce of Syrup of *Meconium* be given at night, which must afterwards be repeated every night to the tenth day after the Invasion. Let the Dose be augmented that night (if the Pox be of the running kind) to an ounce and an half, and an ounce in the Morning, and continued in like manner till the Patient be recovered from his sickness.

If the Syrup of *Meconium* do not agree with him, you may substitute Liquid *Laudanum* in its place, viz. eighteen Drops for an ounce of the Syrup, and five and twenty Drops for an ounce, and an half. In the mean while it is to be observ'd, that, if the quieting Medicine given twice a day be not sufficient to allay the Commotion (as it oftentimes happens about the end of the Disease, when the Pox run notably together) in that case it ought to be repeated every eight Hours, or oftner, if need require.

But when the Pox are distinct, it will suffice to exhibit a Composing Draught once every night, after the full Eruption; and also in a smaller Dose.

But of whatsoever kind the Pox are, and in whatsoever time of the Disease a Phrensy supervenes, it is altogether necessary to curb the disorderly motion of the Spirits, and therefore if the former Quieting Dose prove ineffectual, it must be repeated again and again, till the Tumult be wholly asswag'd; interposing always a convenient space between the Doses, that we may be able to discern, whether the last Dose hath already perform'd as much as we desire, before we proceed to exhibit another.

If the Urine be totally suppress'd, let the sick Person be taken out of his Bed, and made to walk a little.

If the Spittle, by reason of the Heat, be so tough, that it cannot be expectorated, let a Gargarism be frequently injected into the Throat with a Syringe. It may be made of Small Beer or Barley Water, with Honey of Roses: Or thus.

Take of the Bark of the Elm-tree six drams, Liquorish Roots half an ounce, twenty ston'd Raisins, Red Roses two Pugils; boil them in a sufficient quantity of water to a pint and an half; in which being strain'd out, dissolve *Oxymel* simple, and Honey of Roses, of each two ounces. Mix them for a Gargarism.

If upon the eleventh, or any other succeeding day, the Secondary Fever, with Unquietness, Tossing of the Body, and such like other Symptoms, be so fierce and high that all the Pacific Medicines (how often soever repeated) are not able to put a stop to its Fury, and Death seems to be at hand, let a Vein be immediately open'd, and Blood copiously extracted, viz. to about
twelve

twelve ounces, and the same once or twice repeated in the following days, if the consideration of the forementioned Symptoms require it, but not otherwise. And in this case, after the Letting of Blood, the Patient may be gently purg'd on the thirteenth, or any other succeeding day, but not before; as for example, let him take an ounce of the Lenitive Electuary, dissolved in four ounces of Cichory or Milk-water. But neither the letting of Blood nor Purgings doth forbid the use of Composing Medicines, which (these notwithstanding) ought to be exhibited both largely and frequently, if need be: For after all we must constantly have recourse to them in this Disease.

When the Pocks are perfectly dry'd up, let the Face be anointed with a Liniment made of equal parts of Oil of Sweet Almonds and Pomate, two days, and no longer.

On the twenty first day of the Disease let a Vein in the Arm be open'd, and the day after let a Purgings Medicine be exhibited, and thrice repeated every second day.

As for the Government of the sick Person, let him abstain from his Bed till the sixth day; after the first Invasion of the Disease; and afterward keep his Bed till the seventeenth day, being cover'd only as he was wont to be, when in Health.

Let him feed upon Oat-meal and Barley-Broths, boil'd Apples, and Small Beer, and after the eleventh day, let him drink if he pleases, four or five spoonfuls of *Spanish Wine*, twice every day.

If

If the Swelling in the Legs yield not to the Evacuations above prescrib'd, it may be easily driven away with Fomentations of Mallows, Base Mullein, Elder, and Laurel Leaves, with Flowers of Cammomil, and Melilote, boil'd in Milk.

If during the first day of the Disease the Patient spit or piss Blood, let the Powder and Mixture, prescrib'd in the Chapter of *Spitting of Blood*, be carefully exhibited every sixth hour till these Symptoms entirely disappear: In which case also large Doses of Composing Medicines may be given.

Of St. Vitus's Dance.

'Tis a sort of Convulsion, that infects Children from ten years old to the Age of Puberty. It is known by their Limping, or by the Instability of one of their Legs, which they draw after them, after the manner of Fools. If the Hand of the same side be laid upon the Breast, or any other part of the Body, they cannot keep it a moment in the same posture, but it will be distorted by the Convulsion into another situation and place, whatever efforts they make to the contrary. Before one of these can put a Cup to his Mouth, he useth a thousand ridiculous Gestures, and Jugler-like Tricks: For he doth not bring it to his mouth in a straight line, but his Hand being strangely drawn aside by the Convulsion, he tosses it a good while hither and thither, till at last it happens to come near to his Lips, he suddenly throws the Liquor into his mouth, and greedily swallows it down, as if

If he intended to make Sport to the Spectators.

Let eight ounces of Blood be taken away, more or less, according to the Age of the Patient, by opening a Vein in the Arm.

The day following let him take one half of the Common Purging Potion, or somewhat more, with respect to his age, and at night the following Draught.

Take Black Cherry-water one ounce, *Langius* his Epileptic water three drams, Treacle of *Andromachus* one scruple, liquid *Laudanum* eight drops for a draught.

Let the Purging Potion, with the pacific draught at night be thrice repeated, once every second day.

Afterwards let more Blood be taken away, and the purging Portion repeated as before, reiterating on this wise the letting of Blood and Purgation, to a third or fourth time, and allowing always a convenient respite between the Evacuations, that the Patient be not expos'd to danger.

In the days that are free from Purgation, prescribe as follows:

Take Conserve of *Roman* Wormwood, and of the yellow part of an Orange, of each one ounce; Conserve of Rosemary flowers, half an ounce; old Treacle of *Andromachus*, and candied Nutmeg, of each three drams; candied Ginger one dram; with as much as sufficeth of Syrup of the juice of Citron make an Electuary. Dose as much as a Nutmeg in the morning, and at five a clock in the afternoon, drinking after every Dose five spoonfuls of the following Wine

Take

Take of the Roots of Peony, Elicampane, Masterwort, and *Angelica*, of each one ounce; Leaves of Rue, Sage, Betony, Germainder, white Horehound, and the tops of lesser Centory, of each a handful; Juniper Berries six drams; the Peels of two Oranges. Let all be flic'd and infus'd cold in three quarts of Canary Wine. When you use it, strain out so much as you intend to drink.

Take of Rue-water four ounces; *Langius* his Epileptic water, and compound Bryony-water, of each one ounce; Syrup of Peony six drams; mix and make a Julep. Dose four spoonfuls every night at the time of going to Bed, with 8 drops of the spirit of Harts-horn.

Let a Plaister of *Caranna* be apply'd to the soles of the Feet.

The next year, about the same time of the year that the Disease first appear'd, let a Vein be again open'd, and a purging Medicine exhibited some days, for prevention of a Relapse.

It seems probable to me, that the Falling Sicknes in adult Persons might be cur'd by this method, which nevertheless I have not yet experienc'd. But since it is accommodated to the tender Ages of those that are wont to be infected by *St. Vitus's* Dance, if it be apply'd to the Cure of Epilepsies in Persons grown up, both the quantity of the Blood that is to be taken away, and the Doses of the Purging Medicines ought to be augmented.

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Of the Apoplexy,

It consists in a most profound Sleep, and total privation of Sense and Motion, excepting only Respiration, which is still perform'd, but with Difficulty and Snoring.

Let a vein be instantly open'd in the Arm, and 12 ounces of Blood taken away, and afterwards 8 ounces more out of the Jugulars. Immediately after exhibit a Vomit of an ounce and an half, or two ounces, of the Infusion of *Crocus Metallorum*.

Let a large and sharp Blistering Plaister be applied to the hinder part of the Neck.

While these things are doing, let the sick Person sit upright in his Bed, not oppressed with too great a burthen of Cloaths.

Let Spirit of *Sal Armoniac* excellently rectify'd be held to his Nose.

After the operation of the Vomit is finish'd, let 3 or 4 spoonfuls of the following Julep be from time to time exhibited.

Take Rue-water 4 ounces; compound Bryony-water, and *Langius* his Anti-epileptic-water, of each one ounce; Spirit of Harts-horn twenty drops; Sugar-candy, as much as sufficeth, make a Julep.

Or a spoonful of compound Spirit of Lavender, may be given twice or thrice by it self, during the Fit, interposing the space of an hour, or half an hour, betwixt the Doses.

Observe heedfully, that Cordials ought not to be exhibited too frequently, and such as are too hot

hot not at all, as it is the custom to do: For after all, whatever specific vertue they may seem to be endu'd withal, they do more mischief than good, by melting the humors, and consequently augmenting the Disease: which inconvenience also is no less occasion'd by too great a burthen of Clothes.

After the Paroxysm is over, to prevent Relapse, let these things be prescrib'd.

Take of the Pills *Cochiae* the greater, two scruples for a Dose, to be repeated six times once every third day, at Four of the clock in the morning, sleeping after them.

Take Conserve of Sage Flowers, and of Rosemary Flowers, of each an ounce; Conserve of the yellow part of an Orange six drams; candied Nutmeg, and candied Ginger, of each half an ounce; old Treacle of *Andromeda* two drams; the Powders of the Electuaries *Diambræ*, and *Diamoschu Dalcis*, of each one dram; with a sufficient quantity of the Syrup of Citron-pickle, make an Electuary. Dose as much as a Chesnut, every morning and evening, drinking after it two spoonfuls of *Langius* his Epileptic-water.

Take of Ambergris half a dram, the distilled Oils of Anise-seeds, Cinnamon and Nutmeg, of each two drops; Oil of Cloves one drop, Sugar dissolv'd in Orange-flower-water as much as sufficeth to make Tablets according to Art. Let the patient eat one at pleasure.

Let him abstain from all manner of strong Drink, and eat Broths made of Barley, Oats or of Chickens; and sometimes even the Flesh of Chickens and Lambs, and such like Meats of ease

For the digestion, especially while Purging Medicines are exhibited.

Of the Inflammation of the Eyes.

It is manifest of it self. Let Ten Ounces of Blood be taken out of a Vein in the Arm, and the common purging Potion exhibited the next day, and repeated two days after, and once more reiterated after a like interval of time. The same Nights let the Patient take a quieting Draught of an ounce of the Syrup of *Meconium*.

Also let him drink Four Ounces of an Emulsion of the greater cold Seeds, and white Poppy Seed three or four times every day that is free from Purgation.

Take of Plantain-water, Red-Rose-water and Frogs sperm-water, of each one ounce; Powder of prepar'd Tutty one dram. Make a mixture. Pour a few drops of it into the Eye twice every day, beginning after the first purgation.

If the Disease will not yield to these Remedies, the Letting of Blood (especially if it appear Pleuritick) and Purging must be repeated yet twice more.

Let the Patient abstain from the use of Wine, and all sorts of strong Liquors; from Meats also that are salt and hard of digestion; and drink Milk and Water boil'd, all the days that are free from Purgation.

Note, that it often happens, that the letting of Blood and Purging, how often soever repeated,

peated, are still found to be ineffectual. In this case a composing draught of an ounce of Syrup of *Meconium* exhibited every night, perfects the Cure, without the help of any other Remedy.

Of the falling down of the Womb.

Take of the Bark of an Oak two ounces; boil it in 4 quarts of Spring-water till one half be consum'd; adding (towards the end) the Rind of a Pomgranate beaten, one ounce; Red Roses and Pomgranate Flowers, of each 2 handfuls; than add half a pint of Red Wine. Let the part affected be fomented with woollen Cloths dipt in the Liquor that is strain'd out, 4 Hours before the Patient rise every morning and at night when she is in her Bed, till the Symptom disappear.

Of the Paroxysms of the Stone in the Kidneys

The Signs are these: A fix'd Pain in the Region of the Loins, bloody Urine, and voiding of Sand or Stones, the Numness of the Leg on the side of the affected Kidney, the retraction of the Testicle of the same side where the Pain is felt a queasiness of Stomach, and vomiting. There is near a resemblance between this Disease and the Colic, but they differ in some Symptoms, an account of which you may read in the Chapter, *Of the Bilious Colic*.

If the Patient be of a Sanguine Constitution let ten ounces of Blood be taken from the Arm answering to the affected Kidney; then let

Galle

Callon of Posset, in which two Ounces of the
 Roots of Marshmallows have been boil'd, be
 hastily swallow'd down, and the following Cly-
 ster injected.

Take of the Roots of Marshmallows and
 Lillies, of each one Ounce ; the Leaves of Mal-
 lows, Pellitory of the Wall, Brank-Ursine, and
 Camomil-Flowers, of each one Handful ; Lin-
 feed, and Fenugreek-feed, of each half an ounce :
 Boil them in a convenient quantity of Water to
 a Pint and an half. Make a Clyster. After the
 rejection of the Vomit and Clyster, let a large
 Dose of liquid *Laudanum* be exhibited, viz. to
 20 Drops, or 15 or 16 Grains of *Matthew's*
Pills.

If the Patient be an old Man, or one that is
 much weaken'd by the long continuance of the
 Disease, or an old Woman subject to Vapours,
 (especially if at the beginning of the Paroxysm
 the void black and gravelly Urine) then omit
 the letting of Blood, but in all other things
 proceed according to the Method above de-
 scrib'd.

Of the Dysentery, Diarrhea, and Tenesmus.

There is first a chilness and shivering, then
 an universal Heat all over the Body, which is
 shortly follow'd by Gripings of the Guts, and
 these by a frequent voiding of slimy matter (on-
 ly sometimes some Stools of natural Excrements
 are interlac'd) with tormenting Pain, and as it
 were a descending of all the Entrails, with which
 the sick Person is miserably afflicted as often as
 he goes to Stool. In the mean while the mat-
 ter

ter that is evacuated, is intermixt with streaks of Blood; tho' sometimes not the least mixture of Blood appears during the whole course of the Disease. In an advanc'd Dysentery sometimes pure Blood is voided, and the Entrails affected with an incurable Gangrene. When the sick Person is in the prime of his age, or heated by the use of Cordials, he is taken with a high Fever, his Tongue is somewhat white, covered all over with a certain thick slime, sometimes black and dry. The strength of the Body is dejected, the Spirits are dissipated, and the inward Parts of the Mouth and Throat ulcerated more especially when the evacuation of the peccant matter is unseasonably stopt by astringent Medicines, before that which nourisheth the Disease is expell'd by purgation. Sometimes the Dysentery comes without a Fever, and the Gripping of the Guts leading the Dance, the rest of the Symptoms follow.

In a *Diarrhea*, Excrementitious Humours are voided without Blood, or the Ulceration of the Entrails.

In a *Tenesmus*, there is a perpetual desire to go to Stool, yet nothing is evacuated but a little bloody or purulent Slime.

Let a Vein be open'd in the Arm as soon as may be, the same Night a Composing Draught exhibited, and the next Morning the common Purging Potion, which must be repeated to two other Doses every second Day, as also the Pessicifick Draught after the operation of the purgative Medicine is over; but in the intermediate days let be given Morning and Evening.

After

After the Patient has been let Blood, and
 once purg'd, through the whole course of the
 Disease, let the following Cordial be exhibi-
 ted.

Take of Black-cherry-Water, Strawberry-
 Water, of each three ounces; Plague-Water,
 Compound-*Scordium*-Water, and Barley-Cin-
 namon-Water, of each an ounce; prepar'd
 Pearl, one dram and an half; Sugar-candy as
 much as shall suffice; add half an ounce of
 Damask Rose-Water, to give the Juice a
 grateful relish. Let the Patient drink four or
 five spoonfuls of it, in case of fainting, or at
 pleasure.

Let his ordinary Drink be Milk boil'd with
 a treble quantity of Water, or the white De-
 coction, thus:

Take of Harts-horn burnt, and Crums of
 a white Loaf, of each two ounces; make a
 Decoction in three Pints of Spring-Water
 to two, and sweeten it with a sufficient quan-
 tity of fine white Sugar. Or if the Feeble-
 ness of the Patient require it, boil two
 Pints of Spring-Water with half a Pint of
 Canary Wine for his ordinary Drink to be
 taken cold.

After he hath been thrice purg'd, the whole
 Cure depends upon the use of *Laudanum*, repeat-
 ed twice or thrice every day. Only let a Clyster
 of half a Pint of Cows Milk, and an ounce and
 an half of Treacle of *Andromachus* be now and
 then injected, which is of excellent use in fre-
 quent Evacuations.

When the Flux of the Belly rises no higher
 than a *Diarrhea*, omit the letting of Blood and
 purging,

Purging, and prescribing the following *Bolus* to be taken every Morning.

Take of Rhubarb in Powder, half a dra (more or less, according to the Patient's strength) with a sufficient quantity of *Diascordium* make a *Bolus*, to which add two drops Chymical Oil of Cinnamon.

Let a composing draught of an ounce Barley-Cinnamon-water, and 14 drops liquid *Laudanum* be exhibited every Night.

If the sick Person be tormented with *Gripings*, voiding nothing, they are cured by washing with Whey, (being drunk cold, and injected warm) as in the Disease called *Cholera*, with Chicken-Broth or Posset.

If this Disease last long, so that all the forces thereof fall upon the strait Gut, with a perpetual desire to go to Stool, let a restorative Diet be prescribed, and some Cordial Liquor to be drunk at pleasure, that the Patient's strength may be re-established, which returning, the *Tenesmus* instantly vanisheth.

Sometimes it falls out, that after a *Dysentery* hath been ill cured, the sick Person is for some years troubled with tormenting Pains; but by the repeated Letting of Blood, he may be restored to his former health.

Note, that in such Constitutions of the Air as are less favourable to this Distemper, omitting all Evacuations, it is cured by the alone use of *Laudanum*, repeated every Morning and Evening, till the Symptoms wholly disappear; or, if need be, thrice in 24 hours.

Of the Bilious Colic.

It is a most fierce Pain in the Guts, which begins with a Fever that lasts a few hours. Either it wrings them as if they were girt with a Swelling-band ; or being contracted into a Point, it pierces them as it were with an Awger. Sometimes it grants a Truce, but presently returns to the Assault. At the beginning it is not so certainly fix'd in any one Point, there is not so frequent a desire to vomit, nor doth the Belly so stubbornly resist the Force of purging Medicines ; but by degrees, as the Pain is augmented, it is also more obstinately fixt in a Point, the desire to vomit grows more troublesom and frequent, and the Belly more costive, till at last the Colic degenerates into the Iliac Passion.

It is thus distinguish'd from the Stone in the Kidneys. 1. The Pain of the Stone is fix'd in one of the Reins, and from thence is stretch'd out to the Testicle, according to the length of the Ureter : But the Pains of the Colic are more inconstant and moveable, compassing about the middle of the Belly as with a Girdle. 2. The Colical Pains are encreas'd after eating ; but the Nephritical, or Pains of the Stone, are rather mitigated. 3. In the Colic, the voiding of Excrements gives greater Ease than in the Stone. 4. The Urine of those that are troubl'd with the Stone, is at the beginning of the Paroxysm clear and thin, afterwards there appears some Sediment, and at the last Sand or little Stones are voided ; whereas in the Colic, the Urine is thick from the beginning.

D

Let

Let a considerable quantity of Blood be taken out of one of the Arms, and three or four hours after an Anodyne exhibited : the next day give a lenitive Medicine, to be repeated every other day, to two Doses more.

But if the Disease was occasion'd by gout, mandizing, or by soon-perishing Fruits, the first of all the Stomach ought to be washed with great and frequent Draughts of Posset, and after that is done an Anodyne given ; the next day order a Vein to be open'd and afterwards proceed in the Method above prescrib'd.

When this Disease having been unskillfully handled, has continu'd very long, and the sickest Persons have been reduced to extreme Feebleness by it, the plentiful drinking of either Plague Water, *Aqua Mirabilis*, or any other with which they were wont to be most delighted while they were in health, hath help'd them beyond Expectation.

Of the Disease call'd Cholera.

It contains it self within the Bounds of the Month of *August*, and scarcely maketh any incursions into the first Week of *September*. The Disease is a Disease like unto it, occasion'd by Surfeiting and Gluttony ; which, tho' it be cured after the same manner, is yet of another Form. The Signs are enormous vomiting, and the voiding of corrupt Humours by Stool, with great Trouble and Difficulty ; vehement Pain, Swelling up and Distension of the Belly and Entrails, Gnawing at the Heart or Stomach, Thirst, the Pulse quick, frequent, small and unequal ;

Anxiety; a most troublesom Nauseousness
Loathing, Sweating, Contractions of the
Legs and Arms, Swooning, Coldness of the Ex-
treme Parts, and such like Symptoms, which kill
the sick Person in the space of 24 Hours.

Let a tender Chicken be boil'd in about 3
Gallons of Spring-water, that there be scarce
Taste of Flesh perceivable in the Liquor;
let the sick Person swallow down several
large Draughts of this Decoction lukewarm, or
(in want of that) of Posset, whilst in the mean
time Clysters of the same Liquor are successive-
ly injected. And an Ounce of the Syrups of
Rhubarb, Violets, Purslain, and Water-Lillies,
any of them, may sometimes be mixed both
with the Draughts and Clysters.

The Business of washing being finish'd, which
requires the space of three or four hours, a com-
mon Cooling Medicine puts an end to the Cure.

When the Physician is not call'd till after the
Patient is utterly spent and enfeebled by the
Evacuations, and the extreme Parts are already
cold, recourse must immediately be had to li-
quor *Laudanum*, and that in a large Dose (*viz.*
any 15 Drops of it in an Ounce of Cinnamon-wa-
ter) which even after the ceasing of the Sym-
ptoms ought still to be repeated, but in a lesser
Dose, till the sick Person be restored to his for-
mer Health.

There is a sort of *Cholera* that usually trou-
bles Children, and is often fatal to them, which
is occasion'd by their Breeding of Teeth, or
teething.

Their tender Age will not bear the washing
of their Stomachs with large Draughts of Li-
quors

quors, much less the raising of a greater tumult in the Humours by purging Medicines; and therefore the whole Cure is to be committed to the use of *Landanum*. Let two, three, four, or more Dorps of it, according to the Age of the Child, be exhibited in a Spoonful of small-Beer, or some convenient Water, and repeated as the occasion shall require.

Of the Disease call'd Colica Pictonum, or the Colic of the People of Poictiers.

'Tis a kind of Colic that usually degenerates into a Palsy, and a total loss of Motion in the Hands and Feet; which under this Name is mention'd by *Riverius* in his Chapter Of the Palsy, and is very well known in the *Caribbean Islands*, where Multitudes of People are infested by it.

This most cruel Pain is cured by Balsam of *Peru* exhibited frequently and in great Doses; thus, pour 20, 30, or 40 Drops of it into a Spoonful of the finest white Sugar, and give it twice or thrice in the day. But the Palsy yields not to this Remedy.

Of the Iliac Passion.

The Peristaltic Motion of the Guts is inverted; purging Medicines and Clysters do immediately become Vomits; the Excrements of the Belly are voided by the Mouth.

Let nine or ten ounces of Blood be taken out of the right Arm. After some hours, exhibit the following Powder.

Tab

Take of Rosin of Scammony, or (if that cannot be had) Rosin of Jalap twelve Grains; *Torquet's* Calomel one Scruple; mix and make a Powder, to be taken in a Spoonful of Cows Milk, drinking after it one or two Spoonfuls of the same Milk; or if the form of Pills be more acceptable to the Patient,

Take of the Pills *de duobus* half a Dram, Calomel one scruple, with a sufficient quantity of Balsam of *Peru*, make four Pills, to be taken in a Spoonful of Syrup of Violets.

After the Operation of the Purge is ended, let the Patient take the following Draught.

Take of strong Cinnamon-water an Ounce, liquid *Laudanum* 25 Drops. Mix them for a Draught which must afterwards be repeated twice, thrice or oftner every day, till the Vomiting and Pain be asswaged: and even after they disappear, for the Confirmation of the Cure, let the Patient continue the use of the same composing Draught for some time, when he goes to Bed, but in a lesser Dose.

Of the immoderate Flux of the Terms.

The Monthly Courses of a Woman, flowing naturally, may fill the capacity of the Shell of a Goose Egg. The immoderate Flux of them is known by the Patient's ill-bearing or Uneasiness under it, by the failing of her Strength, want of Appetite, ill Habit of Body, ghastly Colour of Face, like that of a dead Carcass, and swelling of the Feet.

Let a Vein be open'd in the Patient's Arm,

and eight Ounces of Blood taken away. The next morning let her take the common purging Potion, and repeat it every other Day to two Doses more, drinking at night after every Purgation a composing Draught of Syrup of *Mecconium*.

In the intermediate Days let her take that which follows.

Take of Conserve of dry Roses two Ounces, Troches of *Leimaian* Earth one Dram and an half; Rind of Pomgranates, Red Coral prepared, Bole-Armoniac, of each two Scruples; Blood-stone and Dragon's-blood, of each one Scruple; with a sufficient quantity of Syrup of Quinces make an Electuary; of which let her take the quantity of a large Nutmeg in the Morning and at five a-clock in the Afternoon, drinking after it six Spoonfuls of the following Julep.

Take of the Water of Oak-buds and Plantane, of each 3 Ounces; Barley-Cinnamon-water, and Syrup of dry'd Roses, of each one Ounce, Spirit of Vitriol as much as sufficeth to give it a grateful Sharpness.

Take of the Leaves of Plantane and Nettles, of each a convenient quantity. Beat them together, and press out the Juice, of which, being clarify'd, let her take four or five Spoonfuls now and then at pleasure.

After the first Purgation, let the following Plaister be apply'd to the Region of the Loins.

Take of Vermillion Plaister, and the Plaister for a Rupture, of each an equal quantity: Spread them on a piece of Leather for a Plaister
to

to be applied to the Region of the Loins.

Of the Hysterical Colic.

It is a certain kind, or rather a very notable and usual Symptom of the Hysterical Disease, which is accompany'd with a most sharp Pain about the Pit of the Breast, and vomiting of green Humours.

First, that the glut of the corrupt Humours lodg'd in the Stomach may not obstruct the efficacy of the quieting Medicine, let a large quantity of Posset (as for example, a Gallon and an half) be swallow'd down, and cast forth again by vomiting. After which exhibit 25 Drops of liquid *Laudanum* in an Ounce of strong Cinnamon-water, Plague-water, or any other convenient Vehicle.

Concerning the use of composing Medicines, it is to be observ'd, That they ought to be constantly repeated, till the Symptoms wholly disappear, interposing a convenient space between the Doses, that so we may be able to judge of the effect of one, before another be exhibited.

If the Patient be of a sanguine Constitution, nor has been formerly subject to this Symptom, or weaken'd by it, then let a Vein be first open'd, before the use of the prescrib'd Vomit.

The Disease called *The Hysterical Clavus*, is also cured by the same Method.

But if the Hysterical Colic continue a great while, and come by Fits, then let the following things be given in the Intervals between the Paroxysms.

Take a Dram of Zedoary reduc'd to fine Powder, and make a Bolus with a sufficient quantity of the Syrup of Citron-peel, to be taken every Morning and Evening for 30 days together, drinking the following Infusion after it.

Take half an ounce of Zedoary cut into small pieces, infuse it cold in four Ounces of Canary Wine, and after it hath stood twelve hours strain it for your use. Or take Balsam of *Peru* as it is prescrib'd in the Chapter *Of the Colic of the People of Poictiers*.

What is here said of the Hysterical Colic, ought to be applied to the Hypochondriacal Colic. And this also is to be heedfully observ'd.

The nature of both these Distempers seems in a peculiar manner to require, that we shou'd essay several Medicines, till that at last be found out to which the Disease naturally yields, tho' for the most part Steel is in this case most effectual.

This kind of Colic, both in Hypochondriacal and Hysterical Persons, doth often degenerate into the Jaundice, which by degrees vanishes of it self: But if it continue long, let the following Apozem be exhibited.

Take of the Roots of Madder, (such as Dyers use) Turmeric, of each one ounce; greater Celandine (the whole Plant) Tops of lesser Centory, of each one handful. Boil them in equal Parts of *Rensh* Wine and Spring-water to a Quart. In the strain'd Liquor dissolve two ounces of the Syrup of the five Roots. Make an Apozem. Dose half a Pint warm every Morning

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Morning and Evening, till the Patient recover.

Of the Jaundice when it doth not come after the Colic.

It is known by the following Signs: A yellow Colour, of the whole Body, with which also all Objects appear ting'd to the sick Person, and is chiefly conspicuous in the White of the Eyes; Itching, Laziness, and Weariness; Bitterness of the Tongue, sometimes choleric Vomitings, Hiccoughs, white Excrements; the Urine is of a Saffron Colour, and dieth Cloaths that are dipt in it of the same Colour.

Exhibit the common purging Potion; and then prescribe the things that are here subjoin'd.

During the use of which, let the purging Potion be repeated every fourth day.

Take Conserve of Roman Wormwood, Conserve of the yellow part of an Orange, of each an Ounce; candy'd *Angelica*, candy'd Nutmeg, compound Powder of *Aron*, and Steel prepar'd with Vinegar, of each half an Ounce; Extract of lesser Centory, Extract of Gentian, and Cream of Tartar, of each two Drams; *English* Saffron powder'd half a Dram: With a sufficient quantity of the Syrup of the five Roots, make an Electuary; of which let the Patient take the bigness of a Nutmeg every Morning, and at five in the Afternoon, (or instead of the Electuary, you may give Chalybeat or Steel Pills) drinking after the Morning Dose four Pints of mineral purging Waters, and half a Pint of the *Apoxema* prescrib'd in the

the Chapter Of the *Hysterical Colic*, after the Dose that is taken in the Afternoon.

But if any Signs of a *Bropsy* appear, let the Patient use the *Apozem* both in the Morning and Evening.

But if the Obstinacy of the Disease will not be overcome by the long continu'd Use of these Remedies, let the sick Person have recourse to the Iron of *Spaw*-water, which ought to be drunk at the Fountain-head.

Of Preservation from Abortion.

Use the same things that are prescrib'd in the Chapter Of the *immoderate Flux of the Courses*, omitting only Purgation and the Juices.

Of the immoderate Flux of the Loches, or Child-bed Purgations.

There are three things requir'd to constitute a natural Flowing of the Loches; First, Pure Blood flowing copiously for the first three days; then watery Blood, like Water wherein Flesh has been wash'd, continuing about four days after; and last of all tough and clammy Matter coming forth during the five or six days next following, and so onward to the End of the Month.

Now the immoderate Flux of the Loches is to be estimated from the decay of Strength, Swooning, the coming forth of clotted Blood, Loathing of Meat, Pain in the *Hypochondria*, or under the Ribs, Distension of the Belly, a weak
and

and frequent Pulse, Dimness of Sight, Noise in the Ears, and Convulsions.

Let a thickning Diet be prescrib'd, and the following Potion administer'd.

Take of Plantane-water, and Red-wine, of each one Pint ; boil them together till a third part be consum'd, then sweeten the Liquor with a convenient quantity of fine white Sugar, and let the Patient drink half a Pint of it cold twice or thrice a day.

In the mean time let some mild Hysterical Julep be now and then exhibited, and the following Bag applied to her Nose.

Take of Galbanum and *Assa Fetida*, of each two Drams ; Castoreum a Dram and an half ; Volatil Salt of Amber half a Dram : Mix them and tie them in a Bag. Or,

Take two Drams of Spirit of *Sal Armoniac* and put it frequently to her Nose.

Of Suppression of the Loches.

The Signs are these : a Swelling of the Belly, a heavy Pain in the lower parts of the Belly, the Loins and Groin, redness of Face, difficulty of Breathing, perturbation of the Eyes, Shiverings, acute Fevers, Swoonings, cold Sweats, a sense of beating and burning Heat in the Womb, a Palsy in the lower parts, and sometimes an Epilepsy.

Let her be instantly confined to her Bed, and the Hysterical Plaister apply'd to her Navel, then prescribe this Electuary.

Take Conserve of *Roman Wormwood*, and of *Rue*, of each one Ounce, Troches of Myrrh
two

two Drams ; *Castoreum*, *English Saffron*, Volatil Salt of Amber, *Sal Armoniac*, and *Assa Fetida*, of each half a Dram ; Syrup of the five Roots as much as sufficeth to make an Electuary, of which let her take the quantity of a Nutmeg every four hours, drinking four or five Spoonfuls of the following Julep after it.

Take of Rue-water four Ounces, compound Briony-water two Ounces, Sugar-candy as much as is convenient : Make a Julep.

Or let her take a Scruple of Troches of Myrrh every four hours.

If after the prescrib'd quantity of these Remedies is consumed, the Loches continue still to be suppress'd, exhibit only one Dose of *Laudanum*, namely 14 Drops of *Laudanum liquidum* in compound Briony-water, or one Grain and an half of solid *Laudanum*, made up into two Pills with half a Scruple of *Assa fatida*.

If this suffice not, let a Clyster of sugar'd Milk be once injected.

Of the Dropsy.

This Disease is first known by the Pits or Impression remaining in the lower parts of the Legs, after you have thrust your Finger upon them, which appear conspicuously at night, but vanish in the morning ; especially if this Sign be accompany'd with a difficulty of Breathing ; though Women with Child, and such as are troubled with a suppression of their Courses, and Men that are suddenly freed from an inveterate *Asthma*, are also not unfrequently molested with Swellings of a like Nature. The Feet and Legs being

being extremely swoln, the Waters rush into the *Abdomen*, and by degrees filling up its capacity, stretch it forth to the utmost, till at last falling upon some of the more noble Entrails, the sick Person is drowned. As the Bulk of the Part affected increaseth, the rest do proportionably grow more and more slender. In the mean time there is a difficulty of breathing, and little Urine is voided. This Disease commonly assaults Men when they grow old, and Women when they leave off Child-bearing.

The principal Scopes of the Cure are, first to evacuate the Waters, and then by the Restauration and Strengthening of the Blood, to prevent the new inclease of the Waters.

Take of White-wine four Ounces ; Jalap in fine Powder one Dram, Powder of Ginger half a Scruple ; Syrup of Buckthorn one Ounce : Mix them for a Potion to be taken early in the Morning, and repeated every Day, or every second Day, according to the Strength of the Patient, till the Swelling be abated. Or,

Take of Tamarinds half an Ounce, Senaleaves two Drams, Rhubarb a Dram and a half : Boil them in a convenient quantity of Water to three Ounces ; dissolve in the straining of *Manna* and loofning Syrup of Roses, of each one Ounce ; Syrup of Buckthorn half an Ounce, the Electuary of the Juice of Roses, three Drams : Mix them for a Potion, to be taken as above. Or,

Take of the Pills *ex duobus*, one Scruple ; *Elaterium* three Grains ; chymical Oil of Cloves two Drops. Make three Pills to be taken early in the Morning, and repeated as the occasion shall require, Or, Take

Take of *Gambogia* fifteen Grains, White-wine, and Cichory-water, of each one Ounce and a half; Syrup of Buckthorn, half an ounce: Mix them for a Potion to be taken as above:
Or,

Take three Handfuls of the inward Bark of the Elder; boil them in a Quart of Milk and Water equally mixt, to a Pint. Let the Patient take one half of the strain'd Liquor in the Morning, and the other in the Evening, every day, till he be restored to his Health. But this Remedy is of no efficacy, but only in those Bodies that are very easily moved by purging Medicines.

Concerning the use of Purging in this Disease, three things are to be observed.

In the first place, consider whether the Body of your Patient is wont to yield easily or difficultly to purging Medicines. For one Ounce of Syrup of Buckthorn being exhibited by itself to such as are easily wrought upon, will evacuate the Waters very copiously; whereas in others the strongest Cathartics above prescrib'd, will hardly produce the desired Effect.

Secondly, Such Purgatives as are of slow operation, do more mischief than good, and therefore such as work strongly, and even too strongly, are always to be preferred before those that are too weak.

Thirdly, the Waters ought to be evacuated with as much haste, as the Strength of the Patient can possibly bear; lest by interposing too long Intervals between the several Purgations, we give occasion to the Waters to gather again.

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There are some Cases in which all purging Medicines, of whatsoever kind they be, may, and ought to be wholly omitted. For when the sick Person is of a weak Constitution, or a Woman subject to Vapours, the Evacuation of the Waters is to be attempted only by Diuretics, or Medicines that provoke Urine, among which the most efficacious are those that are composed of lixivious Salts. For Example,

Take a Pound of Broom-ashes; infuse them cold in four Pints of *Rhenish* Wine, strain the Liquor thro' a piece of brown Paper, of which let the Patient drink three Ounces in the Morning, at five in the Afternoon, and at Night, till the Humours be wholly evacuated. Which being performed, let such Medicines as heat and strengthen be exhibited; as for Example,

Take the Roots of Horse-Radish, Leaves of Garden-Scurvygrass, common Wormwood, and Sage, the Tops of lesser Centory, and Brome: Infuse them in strong Ale for ordinary Drink, which alone doth sometimes cure a beginning Dropsy, without the help of purging Medicines; or prescribe that which follows.

Take of the Conserve of Garden-Scurvygrass, and of *Roman* Wormwood, of each one Ounce; Extract of Gentian, of common Wormwood, and of lesser Centory, of each three Drams: With a sufficient quantity of the Syrup of Citron-Peel: Make an Electuary. Dose as much as a large Nutmeg, in the Morning, at five a-clock in the Afternoon, and at Night, drinking four Ounces of the following Infusion after it.

Take

Take of Gentian Roots, on Ounce, Brometops, and Tops of lesser Centory, and of common Wormwood, of each one Handful; Seeds of Fennel and Parsley, of each two Drams: Chop them small, and pour upon them four Pints of *Rhenish* Wine; let them stand together in a cold Infusion, and strain out the Liquor when you use it.

Note, that during the use of these corroborating Medicines, you must in no wise purge the Patient.

Which ought also to be observ'd when Lixivious Salts are exhibited, during the use of which it is also convenient to give corroborating or strengthening Medicines.

Take of Horse-radish Roots three Ounces, Leaves of Garden Scurvy-grass, common Wormwood, and Sage, Broom-tops, and Tops of lesser Centory, of each three Handfuls; three Oranges slic'd. Infuse them in six Gallons of strong Ale, while it is fermenting. Make use of it for ordinary Drink.

*Of the CLAP, or Virulent RUNNING of
the REINS*

It begins with an unusual Pain of the Genitals, and a rolling of the Testicles. If the Head, or Nut of the Yard be still cover'd with the Foreskin, a Spot like a Measle appears on the top of it, immediately after a liquid Matter resembling Sperm begins to drop out, which daily receding from the Colour and Consistence of Seed, at length grows yellow, and of a more dilute Colour than the Yolk of an Egg. In the Vene-
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real Pox, that are risen to a higher degree of Virulency, the same is green, and is mixt with a watry Humour ting'd with Blood. The fore-mention'd Wheal at length degenerates into an Ulcer, not unlike the Exulcerations in Childrens Mouths, which daily eateth deeper and wider, the Orifice being beset with a *Callus*. Those that are circumcis'd, or have the Nut of the Yard stript bare, are not troubl'd with an Ulcer in that part, only with the *Gonorrhæa*, or Running of the Reins. Presently a violent Pain is felt in the Yard, as often as 'tis erected, especially in the Night, when the sick Person is hot in his Bed, as if 'twere wrung with ones Hand, the Yard is bowed by the Contraction of the part call'd the Bridle. To these Signs may be added, scalding of the Urine, which is scarce perceptible while the Urine is coming forth, but after it is voided, there is a sense of burning thro' the whole *Urethra*, chiefly where it ends, in the *Glans* or Nut of the Yard. Sometimes little Excrescences of Flesh hinder the Passage of the Urine, and now and then there happens a Pain and Inflammation of the *Scrotum* or Cod.

Take of the mass of the Pills *Cochia* the greater three Drams, Extract of *Rudius* one Dram, Rosin of Jalap and *Diagridium* (or prepar'd Scammony) of each half a Dram, *Opobalsamum* as much as sufficeth. Make Pills, six out of every Dram, of which let the Patient take four every Morning, till the scalding of the Urine, and the yellow Colour of the Seed-like Matter be much abated. Afterwards let him take them every other day for two Weekstogether; and at the

the last twice a Week, till the Humour wholly cease to drop out.

If the sick Person cannot easily be mov'd by evacuating Medicines, you may now and then interpose the common purging Potion between the Doses of Pills, adding to it of Syrup of Buckthorn, and the Electuary of the Juice of Roses, of each two Drams; and if after all, the Cure do not succeed according to your Desire, you may exhibit Turbith Mineral to eight Grains, for a Dose twice or thrice, at the distance of four Days: Or instead of the Turbith,

Take of the Pills *ex duobus* half a Dram, *Mercurius Dulcis* one Scruple: With a sufficient quantity of *Opobalsamum* make four Pills, to be taken early in the Morning.

If the Patient utterly dislike this Method of purging, after he hath taken the Pills that are first prescrib'd, for three Days together, let the following Clyster be injected twice every Day, namely, in the Morning, and at five a-clock in the Afternoon; but once or twice in a Week the Clyster must be omitted, and a purging Medicine prescribed.

Take of the Electuary of the Juice of Roses six Drams, *Venice Turpentine* dissolv'd with the Yolk of an Egg half an Ounce: Dissolve them in a Pint of Barley-water, and add to the straining two Ounces of the Syrup of Violets; mix them for a Clyster.

Every night let him take 25 Drops of *Opobalsamum*, or of Balsam of *Mecha*, in a piece of Sugar; in a Default of this, you may substitute Turpentine of *Cyprus*, to the quantity of a Filberd Nut.

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Let him use Milk and Water for ordinary Drink, and small Beer at Meals.

Or you may follow this Method :

Take of the Pills *ex duobus* half a Dram, *Opobalsamum* three Drops : Make three Pills, which are to be taken at four in the Morning, sleeping after them, and repeated every second or third Day.

In the intermediate Days, let the Clyster before describ'd be injected in the Morning, and at five in the Afternoon.

What Method soever you follow, the Patient must be let blood once or twice about the middle of the Cure. Prescribe also a cooling and thickening Diet, and Medicines that are endued with the same Vertues as Milk and Water, Emulsions of the cold Seeds, &c.

If the Yard be swoln,

Take of the Roots of Marshmallows and Lillies, of each one Ounce and an half; Leaves of Mallows, Petty, Mullein, Elder, Henbane, Camomil-Flowers, Melilot-Flowers, of each one Handful; Linseed and Fenugreek-seed, of each half an Ounce : Boil them in Spring-water for a Fomentation, which must be apply'd to the Part affected one whole Hour twice or thrice a Day.

After Fomentation, anoint the Part affected with Linseed Oil freshly drawn, then spread a little of the Plaister of Mucilages, upon Lambs Skin, and wrap about the swoln Lips of the Prepuce.

But if there be an Ulcer in the Lips of the Fore-skin, or in the *Glans* that lieth under them, prescribe the following Liniment.

Take

Take of the Ointment *Basilicon* six Drams, Ointment of Tobacco two Drams, Precipitate wash'd in Rose-water, and well lœvigated, half a Dram. Mix and make a Liniment. Let it be apply'd to the Sore upon Scrapings of Linnen Cloth always after Fomentation.

If the *Scrotum* or Cod be swoln, let a Vein be immediately open'd in the Arm, and the prescrib'd Fomentation apply'd to the Part affected twice every day, adding to each Fomentation a Spoonful or two of Spirit of *French Wine*, or instead of it, apply a Cataplasm of *Oxycrate*, and Bean-flower.

In the mean time the purging and cooling Medicines already describ'd, must be given inwardly.

Of the French Pox.

When by the long Continuance of a *Gonorrhœa*, or the undue use of astringent or binding Medicines, the Blood is corrupted; the Disease call'd the *French Pox* doth arise; Bubo's or malignant Botches appear in the Groin. The sick Person is afflicted with a Pain in the Head, and in the spaces between the Joints, chiefly when he grows hot in his Bed; and divers Parts of the Body are cover'd with a Scurf, which is of a yellow colour like a Honey-comb; and the more the Scab is diffus'd, so much the less he is tormented with Pain. In the Skull, Legs, and Arms, there are bony Excrescences, Inflammation and Rottenness of the Bone, and in divers parts eating Ulcers, which, for the most part, appear first in the Jaws, from whence

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whence creeping by degrees thro' the Palat to the cartilaginous part of the Nose, they quickly consume it ; and the Nose being thus robb'd of its Prop, falls down flat. The Ulcers, Rottenness and Pain increasing daily, the Members perish by turns, till at the last the mangl'd Carcass, already grown burdensome to the Living, is bury'd out of sight.

Take of Hogs-Lard two Ounces, crude Quicksilver one Ounce : Mix them for a Lini-ment, to be divided into three equal parts, with one of which let the Patient anoint his Arms and Legs with his own Hand, for three nights together.

If within three days after the last anointing the Salivation doth not begin, let eight Grains of Turbith Mineral be exhibited in Conserve of red Roses, or (to those that are less robust) one Scruple of *Mercurius dulcis*. Also if the Salivation already begun grow languid before the total disappearing of the Symptoms, it must be quicken'd now and then with a like Dose of *Mercurius dulcis*.

The Salivation ought to be so moderated, that the Patient may spit about four Pints in twenty four hours.

But if it rise too high, and be attended with too great an Inflammation, and other Symptoms of that nature, it ought to be repress'd with purging Medicines, and kept in a due degree of Moderation.

Immediately after the disappearing of the Symptoms, let the Patient's Shirt, and the Sheets of his Bed be chang'd, and others put on in their room, which must be such as have been formerly used.

If

If the Patient be troubled with a *Diarrhea* or Looseness, (which for the most part happens before the Salivation be much advanced) it ought to be stop'd by the use of liquid Laudanum, still augmenting and repeating the Dose, till it hath produced the desired effect.

If the Mouth be ulcerated, let it be washed with Damask-Rose-water, or Milk and Water mix'd, or with the following Decoction.

Take of Marshmallow-roots, and cleans'd Barley, of each one Ounce, Quince-seed half an Ounce: Boil them in a convenient quantity of Water to a Quart. Mix and make a Gargarism, which ought to be frequently used.

Let the Diet and Government of the sick Person be the same that is usually prescrib'd when purging Medicines are exhibited; but during a few Days in the beginning, let him make use of Posset, Barley and Oat Broth, and Small-Beer warm'd.

All these things being rightly performed (though there be no appearance of any Symptom left, and the Disease seem to be perfectly cured, yet) to secure the Patient from the Danger of a Relapse, let him once in a Week take a Scruple of *Mercurius Dulcis*, repeating it four or six times, tho' he should be well enough to walk abroad, and seem to be perfectly recover'd.

Of the Whites, or White Flux.

The Humour that flows out is sometimes white, sometimes pale, yellow, green or blackish

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ish; it is sometimes sharp and corrosive, and sometimes stinking and of a strong Smell. The Flux is accompanied with divers Symptoms, as Wanness of Face, a Pain in the Back-bone, Want of Appetite, Swelling of the Hands and Feet. If that which comes forth be received upon a Clout, it will manifest the Humour that causes the Flux, after it hath been dried.

Let a Vein be open'd in the Arm, and eight Ounces of Blood taken away.

Take of the Pills *Cochiæ* the greater two Scruples, *Castoreum* two Grains, Balsam of *Peru* three Drops: Make four Pills, which are to be taken at four a-clock in the Morning, sleeping after them, and twice repeated every second or third Day, according to the Strength of the Patient.

Take of Rue-water, four Ounces, Compound Briony-water two Ounces, Sugar-candy as much as is sufficient: Make a Julep, of which let her take three or four Spoonfuls in every Languishment. Afterwards let her use the Remedies that are here subjoin'd.

Take of Treacle of *Andromachus* one Ounce and a half, Conserve of the yellow part of an Orange two Ounces, *Diascordium* half an Ounce, candy'd Ginger, and candy'd Nutmeg, of each three Drams; compound Powder of Crabs-claws one Dram and a half; the outward Rind of Pomgranates, Roots of *Spanish Angelica*, Red Coral prepar'd, and Troches of *Lemnian Earth*, of each one Dram; Bole-Armeric two Scruples, Gumarabic half a Dram: With a sufficient quantity of Syrup of dry'd Roses, make an Electuary, of which let her take the quantity of a large

large Nutmeg in the morning, at five in the afternoon, and at night, every day for a whole Month, drinking six Spoonfuls of the following Infusion after every Dose.

Take of the Roots of Elicampane, Masterwort, *Angelica*, *Calamus Aromaticus*, of each half an Ounce ; Leaves of *Roman Wormwood*, white Horehound, lesser Centory, common Calamint, and Sage dry'd, of each a handful ; Juniper-berries one Ounce : Let them be chop'd small, and infus'd in four Pints of *Canary Wine* : let them stand in a cold Infusion ; strain it only when you use it.

Let her eat Meats of easy Digestion, and abstain from all sorts of Pot-herbs and Fruits ; and at every Meal drink *Spanish Wine*.

Of the Diabetes.

The Juice that are brought into the Blood being crude and undigested, seek a Passage forth thro' the Urinary Ducts, by which means the Strength is by degrees wasted, the Body is melted or dissolved, and the Substance of it in that manner drain'd out thro' this Kennel. This Disease is also attended with Thirst, burning Heat of the Bowels, swelling of the Loins and Haunches, and frequent spitting of frothy Matter.

Prescribe the same things that are commended in the Chapter Of the Whites, the letting of blood and purging being only omitted.

Of the Pains of the Hæmorrhoids.

The sick Person is tormented with a most intense pain, when he voideth Excrements, the surface of which is always sprinkl'd with Blood. Sometimes Tumours like Warts lurk inwardly in the Muscle, call'd the *Sphincter*, or appear in the Brims of the Fundament.

Let ten ounces of Blood be taken out of the Right Arm.

Take of the Seeds of Melons and Pompions, of each half an ounce; White Poppy Seeds, two drams; five sweet Almonds shell'd. Beat them in a Marble Mortar, pouring in gradually of Barley-Water about a pint, Rose-Water two drams; fine white Sugar, as much as sufficeth. Make an Emulsion according to Art, of which let the Patient take three ounces frequently.

Take of Flowers of Brimstone, Powder of Liquorish, and Sage of each one dram: with a sufficient quantity of *Lucatella's* Balsam, make six Pills out of every dram, of which let him take 3 thrice a day, drinking six spoonfuls of the Emulsion after them.

Take of Frogs Sperm-water four ounces; dissolve in it of Litharge, two drams; *Opium*, one scruple. Apply a Linnen Clout soak'd in a little of this mixture to the part affected; or if the Tumour lurk inwardly, inject three spoonfuls of the same mixture, by way of a Clyster.

Let the Patient make use of Water boil'd with Milk, or of Barley-Water, for ordinary

E

Drink

Drink, and abstain from Flesh. Every night let him take *Diacodium*.

Of the Immoderate Flux of the Hæmorrhoids:

It is known by the decay of strength, a long and copious Flux of Blood, foul colour of the Body tending to a Citron-colour, as in the Jaundice. It brings an evil Habit of Body, and afterwards the Dropsie.

The same things are profitable in this Case, that are prescribed in the Chapter, *Of the Immoderate Flux of the Courses*, omitting only Purgation.

Of the Epilepsy in Children.

Children are usually troubled with the Falling Sickness, either during the first Month, after a Looseness, (in which Case *Diacodium*, to the quantity of a Pepper Corn, dissolv'd in Saxifrage Water, or the Mothers Milk, and exhibited, is a most excellent Remedy;) or about the time of their Breeding of Teeth, from the seventh to the tenth Month; it is accompany'd with a Cough, or (which is far worie) with Vomiting and Looseness, the Infant voiding green Excrements, after the manner of Hysterical Women. Sometimes the Fit comes suddenly, and unawares, distorting the Mouth and Eyes, overspreading the Face with Blackness, and causing convulsive Motions in divers Limbs: And at other times the coming of it is signify'd beforehand, by the Contraction of the Fingers into the Fist, and a settled and unusual unmoveableness of

the Eyes. The Fits are sometimes long, and sometimes short; sometimes they return at set-times, and otherwhiles observe no certain period; but when Death is at hand, they come so thick, that they seem to tread upon one anothers heels. If at any time they grant a Truce, the Child remains drowsie, and prone to sleep till he be rous'd by a new Paroxysm.

Apply a Blistering Plaister as soon as may be to the hinder part of the Neck.

Take of *Langius* his Epileptic-water, three drams; Liquid *Laudanum* one, two, or more drops, according to the Age of the Child; Syrup of Peony, one dram: mix them for Draught, which must be instantly exhibited.

Take of Rue-water, three ounces; *Langius* his Epileptic-water, and compound Briony Water, of each one ounce; Syrup of Clove-Gilliflowers half an ounce: mix and make a Julep, of which give a spoonful every hour, if the Draught already prescrib'd hath not discuss'd the Paroxysm.

Of the Rickets truly so called.

It is known by the Loosness, Softness, Feebleness, Languishment, Laziness, Dulness and unequal nourishment of the parts of the Body, viz. the Head is bigger than is meet, the Face fuller and more florid, the fleshy parts under the Head grow away, the Joints are possest with knotty Prouberances, chiefly the Wrists, but the Ancles not so much, the Bones are bowed, especially those of the Legs, and next to them those of

the Cubit between the Elbow and Wrist, sometimes also the Shoulder and Thigh-bones: the Teeth come forth slowly and with pain, they are loose, black, and fall out, the Breast is narrow towards the sides, and high and sharp before. Other signs are a stuffing of the *Abdomen*, or Paunch, distension of the *Hypochondria*, or places under the short Ribs, Coughing, faultiness of the Lungs; and an averfeness from lying on one side, which happens to be sometimes the Right-side, and otherwhiles the left.

Take of the Leaves of common Wormwood, Lesser Centory, White Hore-hound, Germaineder, *Scordium*, Common Calamint, Feverfew, Meadow Saxifrage, St. Johns Wort, Golden Rod, wild Time, Mint, Sage, Rue, *Carduus Benedictus*, Penny-royal, Southern-wood, Camomil, Tanfy, and Lilly of the Valley, all freshly gather'd and chopt, of each one handful; Hogs Lard four pounds, Sheeps Tallow two pound, Claret Wine a quart. Let them stand twelve hours soaking on hot Ashes in an earthen Vessel, then boil away the moisture and afterwards strain them for a Liniment, with which anoint the Belly, and the parts under the short Ribs, and also the Limbs every morning and evening, for thirty or forty days, or till the Child recover.

Take of each of the prescrib'd Ingredients two handfuls, infuse them cold in four Gallons of Ale, for ordinary drink.

When Tumours possess the Bellies of Children, caus'd by excessive Evacuations.

Let the Blood and Bowels be strengthened with corroborating Herbs, as in the Rickets (properly)

(properly so called ;) Only let the Armpits be also anointed on both sides, but not the Limbs.

Of Fevers caus'd by the Breeding of Teeth.

Let two, three, or four Drops of Spirit of Harts-horn, according to the Age of the Child, be exhibited every four hours in a spoonful or two of Black-Cherry-water, or some other convenient Julep, repeating it four or six times.

Of the Hætic Fever in Children.

They languish with a notable Heat, and Dejection of Appetite ; the Trunk of the Body, and the Limbs are extenuated.

Put two drams of Rheubarb slic'd into a Glass Bottle capable of containing a Quart of Small Beer, for ordinary Drink: and after it is drunk up, pour upon the same Rheubarb another Quart of Beer, and so a third time.

But if the Drink be too strongly impregnated with a Purgative Vertue, after one pint is drunk up; let another be immediately added to that which remains.

Of Bleeding at the Nose.

It is attended with Pain and Heat in the Forepart of the Head.

Let a Vein be frequently opened in the Arm, and a cooling and thickening Diet injoin'd. Prescribe also cooling and thickening Juleps, and cooling Emulsions.

Let a cooling Clyster be injected every day, and a composing Draught of Syrup of *Meconium* exhibited every night, and prescribe the common purging Potion to be taken once or twice.

Dip a piece of Linnen Cloth four times doubled in cold water, in which *Sal Prunella* hath been dissolv'd, and squeezing it a little, apply it to the Neck behind and on both sides, oftentimes in a day.

After the Evacuations, apply the following Liquor.

Take of *Hungarian Vitriol*, and *Allum*, of each one ounce; *Flegm of Vitriol* half a pound; Boil them till the whole be dissolv'd, then suffer the Liquor to grow cold, strain it through Brown Paper, and separating it from the Crystals that now and then arise, add to the remaining Liquor a twelfth part of Oil of Vitriol: Or rather,

Take of *Plantane-water*, four ounces; *Bole Armoniac* in fine Powder, half an ounce: mix them thoroughly. Dip a Tent made of the scrapings of Linnen in this Liquor, and put it into the Nostril out of which the Blood flows, where let it remain two days.

If these things do not prevail, dissolve *Roman Vitriol* in common Water, and dipping a Tent in the solution, put it into the Nose. Clouts dipt in this Liquor, and apply'd, do also stay Bleeding in any of the external parts.

Of the Green-Sickness.

The signs of this Disease are these; Ill colour

lour of Face, and of the whole Body, Swellings in the Face, Eye-lids and Ankles, Heaviness of the whole Body, a stretching weariness of the Legs and Feet, difficult Breathing, Feverish Pulse, Sleepiness, *Pica*, or longing for things that ought not to be eaten, and stoppage of the Courses.

Let the Patient take the Chalybeat Pills, or Powder, prescrib'd in the Chapter, *Of the Hysterical Passion*, more or less, according to her Age, drinking after them a Draught of any sort of Wine that she pleaseth, or of the corroborating Infusion of the Roots of *Angelica* there describ'd. If she be not very weak, purge her once or twice, before she enter into this Course.

Of Suppression of the Terms.

They loath Meat, the Face is discolour'd, the whole Body is heavy, the Forepart of the Head, Loins, Legs, and Lower Belly are pain'd, and the Feet are swoln.

Prescribe the same Remedies that are commended in the Chapter *Of the Hysterical Passion*; but if these will not prevail, proceed thus;

Every Morning, and at four a Clock in the Afternoon, give five Spoonfuls of the Hysterical Julep without *Castoreum*, with twelve drops of Spirit of Harts-horn, and every night at her going to Bed let her take one scruple of the Torches of Myrrh, made into a *Bolus*, or Pills with Syrup of Mugwort,

Of Vomiting, or Spitting of Blood.

Spitting of Blood is accompany'd with a pain and Heat in the Breast, and a certain Feebleness.

Let ten ounces of Blood be taken out of the Right Arm. The next morning let the Patient take the common purging Potion, and the same night a composing Draught, of three ounces of Black-cherry Water, and one ounce of Syrup of *Meconium*.

Then let him use the following Remedies.

Take of *Bole-Armoniac*, one ounce; Powder of Comfrey Roots, two drams; seal'd Earth, Blood-stone, and Dragons Blood, of each one dram; fine white Sugar the weight of all the rest: mix them, and make a fine powder, of which let him take one dram in the morning, at five a clock in the afternoon, and at night drinking four ounces of the following *Apoxem* after it.

Take of the Leaves of Plantane, wild Bramble Eush, and Yarrow, of each one handful. Boil them in a convenient quantity of Water to a pint and an half: in the straining dissolve two ounces of Syrup of Comfrey: mix and make an *Apoxem*; or let him take six spoonfuls of the following Tincture.

Take of Red-Rose-Flowers, six drams, the inner Bark of an Oak, half an ounce; Plantane Seeds somewhat bruis'd, three drams; Spring Water, one quart: Spirit of Vitriol, as much as sufficeth to give the whole a pleasant sharpness

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ness. Infuse them four hours in a close Vessel with a gentle Heat: To the straining, add three ounces of Barley, Cinnamon Water, and as much fine white Sugar as is sufficient to make it pleasant to taste.

If the Patient have an aversion against Powders, let him use the Electuary prescribed in the Chapter, *Of the Immoderate Flux of the Terms.*

Prescribe a Clyster to be injected every day, and *Diacodium* to be taken at night.

Moreover the Patient must be let blood again, once, twice or thrice, according to the necessity of his condition, some days being interposed. Also if need be, let him once again repeat the purging Potion.

And observe a cooling and thickening Diet.

Of the Pricking of a Tendon.

A watery Humour or thin Gleet does perpetually drop out of the Orifice of the Vein that is cut.

Take of White Lilly Roots boil'd in Cows Milk till they grow tender, and beaten, four ounces; Lin-seed-flower and Oat-flower, of each three drams: Boil them to the consistence of a Cataplasm, in the same Milk in which the Roots were boil'd. Apply it to the part affected, every morning and evening.

Of Burning.

Foment the part affected with Clouts dipt in Spirit of Wine, till the pain be asswag'd; then dip the Clout again, and apply it three or four times in a day to the part affected.

Of Common Madness.

This Disease proceedeth from a too vivid and exalted Constitution of the Blood. There is also another sort of Madness that comes after long intermitting Fevers, and at length degenerates into Folly, which is caused by the Weakness and Flatness of the Blood, proceeding from its long Fermentation. You must therefore prescribe high Cordials, such as Treacle of *Andromachus*, the Electuary *de ovo*, the Countesses Powder, Sir *Walter Rawleigh's* Powder in Plague-water, Treacle-water, or some other convenient Vehicle. And injoin a Restorative Diet.

In young Persons, let a Vein be opened in the Arm, and eight or nine ounces of Blood taken away, twice or thrice every fourth day.

Then let the Jugular Veins be once opened. After which the whole Cure depends upon the use of the following purging Medicine, which must be given every third or fourth day while the Disease lasts; But in the mean time it is to be observed, that after the Patient hath been purg'd eight or ten times, the exhibition of the Evacuating Medicine must be omitted for a Week or two.

Take

Take of the Domestic Medicine (that is White Briony Roots) in Powder, one dram; Cows Milk four ounces: Or

Take of the same Roots half an ounce, or six drams; White-wine four ounces: Infuse them a whole night. In the strained Liquor dissolve one ounce of Syrup of Violets. Mix them for a Potion. Or,

Take of *Gambugia* 14 grains; Black-cherry-water three ounces, Syrup of Clove-gilliflowers half an ounce: make a Potion.

Of Contusions, or Bruises.

Let a Vein in the Arm of the side that is most affected be open'd, and ten ounces of Blood taken away. The next morning exhibit the common Purging Potion; and thenceforward in like manner repeat Blood-letting and Purgation by turns, till the Patient recover. In the mean while, if the inward parts are hurt, let him use the following Remedies during the whole progress of the Cure.

Take of the pectoral Decoction a pint and an half, Syrup of Violets, and of Maiden-hair, of each two ounces: Mix them for an *Apozem*, of which let him take half a pint thrice a day. Exhibit also frequently a Spoonful of Oil of Sweet Almonds newly drawn.

Take of Oil of Sweet Almonds, the Ointment *Dialthææ* and Pomate, of each one ounce: Mix them for a Liniment, with which anoint the part affected Morning and Evening, laying over it a Cabbage Leaf.

of

Of the Scurff, or Scales in the Head.

Let the Common purging Potion be twice exhibited. Then

Take of Oil of bitter Almonds, Oil of Laurel, the Ashes of Southernwood leaves, of each one ounce: Mix them thoroughly for a Lini-ment, with which anoint the whole Head every night, rubbing it in diligently, and then cover it with a Sow's Bladder.

But first let all the Hair be cut off, and afterwards rub off the Scales by degrees, every Morning, according as they are ready to fall away.

Of the Biting of a Mad-Dog.

After 40 Days or more, the Signs of Melancholy appear: a Fever, Thirst, *Hydrophobia*, or the Fear of Water, and at length Convulsions of the extreme Parts.

Take of Spirit of Wine highly rectified, four ounces; Treacle of *Andromachus*, one ounce, make a mixture, with which anoint the part that is hurt thrice every day, laying over it a Clout dipt in the same mixture.

Of Ulcers in the Bladder.

Stinking Matter is voided, or Blood, and sometimes Scales, or membranous Skins, and as it were scurfy Crusts like Bran; whereas when the Ulcer is in the Reins, pieces of Flesh (which sometimes are very big) are voided with the Urine.

Urine. There is also a perpetual difficulty in making of Urine, and continual pain in those parts: But in an Ulcer of the Reins, the difficulty in making of Urine, and the pain come by Fits, and there are some Intervals of ease; the Matter also that comes from the Reins is more abundant, white, thin, and not stinking, the Urine is voided like Milk, but after it hath stood long, the Matter being separated, falls to the bottom.

Take of the Plaister call'd *Flos Unguenti*, a dram and an half: make nine pills, of which let the Patient take three at the Physical hours, (*viz.* at eight a clock in the Morning, and five in the Afternoon) drinking six spoonfuls of the following Water after them.

Take of the Roots of Comfrey, Fennel, Birth-worth, and Avens, of each three ounces; Leaves of Agrimony, St. Johns Wort, Bugle, Sanicle and Plantane, of each six handfals; chop them small, and distil them in White-wine and Milk, of each four pints. Draw off only four pints for your use.

Take of the Powder of Comfrey Roots, and *Gumarabic*, of each one ounce; Sugar of Penides, two ounces; make a Powder, of which let the Patient take a Spoonful twice a day.

Of an Asthma, or difficulty of Breathing, in Persons of a Sanguine Constitution.

Of this Disease there are three kinds. *Dyspnea*, which is a difficult Breathing, in which the Breath is drawn often and thick, without noise or ratling arising from the stuffing of the Lungs.

Asthma,

Asthma, or a great and frequent Breathing, in which the *Diaphragma* or Midriff, and intercostal Muscles, as also the Muscles of the *Abdomen* are violently mov'd, with a ratling noise and wheezing. In the former kind the substance of the Lungs, in the latter the *Bronchia*, or Gristles are stopp'd. And *Orthopnea*, which is the greatest difficulty of Breathing, in which the sick person cannot breathe but sitting, and with his Neck stretch'd upright; the Muscles also of the Breast and Shoulders are vehemently agitated.

Let ten ounces of Blood be taken from the Right Arm, and the next day let the Patient take the common purging Potion, and repeat the same once every third day to two other Doses.

In the intermediate Days let him proceed thus:

Take two drams of Anniseed in fine powder, and with a sufficient quantity of *Lucatella's* Balsam make twelve Pills, of which let him take three in the Morning, and at five a Clock in the Afternoon, drinking after them four ounces of the bitter Decoction, without the Purging Ingredients, warm.

If the Symptoms still remain, let the whole Process be iterated afresh.

Of the Palsy.

Both the Faculties of Sense and Motion, or either of them singly, are intirely lost, or at least deminished and vitiated in the parts affected.

Take

Take the Pills *Cochia* the less, two scruples; let them be exhibited six times every other Morning: And afterwards let the Patient take the Antisorbutic Electuary, thrice a day for thirty days together. See the Chapter, *Of the Scurvy*.

Take of the Unguent call'd *Nervinum*, three ounces; compound Spirit of Lavender, and Spirit of Garden-Scurvy-Grass, of each an ounce and an half; with which anoint the parts affected, as the Back-bone, &c. every Morning and Evening.

The most parts of the Remedies there prescribed, though they seem to be only adapted for the Cure of the Scurvy: yet forasmuch as they are peculiarly qualify'd to volatilize crude and fixt Humours, they are also good against the Palsy.

Of the Cough and Pthisis, or Consumption.

The Cough is evident of it self. As for the Consumption it is to be observed, that People are obnoxious to it from eighteen to thirty five years. The Signs of it are these: An Hectic Fever, which is augmented after Meat (as appears by the quickness of the Pulse, and Redness of the Cheeks;) the Matter that is spit forth with Coughing is bloody or purulent (that is, mixt with Quittor,) being cast into the Fire, it sendeth forth a noisom Smell; and if it be put into a Vessel full of Water, it sinks to the bottom; Sweating at Night, Blueness of the Cheeks, Paleness of Face, and Sharpness of the Nostrils. And the sinking of the Temples,
crooked.

crookedness of the Nails, falling off of the Hair and melting Flux of the Belly, are the immediate fore-runners of Death.

When the Cough is of no long standing, nor is yet accompany'd with a Fever, or other Signs of a Bastard *Peripneumonia*, nor came after a Pleurisy or *Peripneumonia*, for want of sufficient Blood-letting, in such a Case it will be sufficient to caution the Patient against the use of Wine or Flesh for some days, and to prescribe these or the like Remedies to be used by him at pleasure.

Let him take ten drops of Balsam of *Sulphur* anisated, in a spoonful of Sugar-candy, twice or thrice every day, and frequently eat one of the following Tablets, which he ought always to carry about him.

Take a pound and an half of Sugar-candy; boil it in a convenient quantity of Spring-Water, till it stick to the ends of your Fingers: then add to it, of the powder of Liquorish, *Elicampain*, Anniseed, *Angelica*-Seeds, of each half an ounce; Powder of Flower-de-luce of *Florence*, and Brimstone, of each two drams; Chymical Oil of Anniseed, two scruples. Make Tablets according to Art, which may be called Domestic Lozenges. And in the mean time let the Patient use the following lambitive Medicine.

Take of Oil of Sweet Almonds, two ounces; Syrup of Maiden-hair and Violets, of each one ounce; Sugar-candy as much as sufficeth to make a *Loboch*; let the Patient lick thereof with a Liquorish Stick, when the Cough surprizeth him.

In

In a thin Defluxion, you may prescribe thickening *Lobochs*.

But if the Cough yield not to these Remedies, (more especially if it be attended with a Fever, or came after a Pleurisy or Inflammation of the Lungs) in that case it will be to no purpose to rely upon pectoral Medicines, forasmuch as the Cure must be wrought by blood-letting and Purging, according to the method described in the Chapter of *the Bastard Peripneumonia*.

If after all, the Cough do not only continue to molest the Patient, but by long and Violent concussion of the Lungs hath exceedingly weaken'd them, and thereby introduced a *Pthysis* or Consumption, you must proceed thus :

Pour ten drops of Balsam of *Peru* into a spoonful of Syrup of Ground-Ivy, or (if the Patient dislike that) of Sugar-candy; and let him take it thrice a day, drinking after it four ounces of the bitter Decoction, prepared without the purging Ingredients, or if that doth occasion a Looseness of his Belly, let him diminish the Dose to three ounces.

But of all the Remedies that hitherto have been invented, the most excellent and efficacious, is for the Patient to take long and far Journeys on Horse-back. It is moreover to be observed, that Men, or such as have already past the Years of their Youth, must spend more time in this Exercise, than if they were Boys or Young-men. And truly the *Peruvian Bark* is not a much more certain Remedy for

for intermitting Fevers, than, in this Age, Riding is for a Consumption.

Of the Scurvy.

It is attended with Heaviness of Body, Weariness that comes of it self, or without any precedent Cause; difficult Breathing, especially after Exercise; Rottenness of the Gums; stinking Breath; often bleeding at the Nose; difficulty and uneasiness in Walking; and which is a constant Symptom of this Disease) Spots in the Legs, which are Black and Blue, Yellow, or of a Lead or Violet colour, the Legs, in the meantime, being sometimes swoln, and sometimes extenuated, and the Face of a colour between Pale and Tawny.

Let a Vein be open'd in the Arm, and eight ounces of Blood taken away, if no Signs of a Dropsie appear.

The next Morning exhibit the common Purging Potion, and again a second and third time, every third day.

In the intermediate days, let the Patient take the following Remedies, and continue the use of them for a Month or two afterwards.

Take of Conserve of Garden-Scurvy-grass, two ounces; Conserve of Wood-Sorrel one ounce, compound Powder of *Aron*, six drams; Syrup of Oranges, as much as sufficeth to make an Electuary, of which let him take the quantity of a large Nutmeg, in the Morning, at Five a Clock in the Afternoon, and at Night, drinking after it six

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Ri. Spoonfuls of compound Radish-water, or of that which follows.

Take of Raspings of Horse-Radish Roots, two pounds; *Avon* Roots, one pound; Leaves of Garden-Scurvy-grass twelve handfuls; Leaves of Mint, Sage, Water-creffes, and Brook-lime, of each six handfuls; Seeds of Garden-Scurvy-Grass a little beaten, half a pound; Nutmegs, half an ounce; White-wine, twelve pints: Distil them in a common Still, and draw off only six pints for your use.

Or distil the fresh Leaves of Garden-Scurvy-Grass by it self, for the same use.

Moreover, let the Patient make use of the following Beer for ordinary Drink.

Take of the fresh Roots of Horse-Radish slic'd, two drams; twelve Leaves of Garden-Scurvy-Grass; six Raisins ston'd; and the half of an Orange slic'd. Put them altogether into a Glass-bottle capable of containing a Quart of Small Beer, and stop it immediately with a Cork.

After the manner that is here described, prepare at the same time six bottles for your use, and after some days, six more, before the first be quite spent, and so onward. Or,

Instead of the Beer, you may add three or four Spoonfuls of the following mixture, to every draught of your ordinary Drink.

Take of the Roots of Horse-Radish, and Seeds of Garden-Scurvy-Grass, of each half an ounce; Leaves of Garden-Scurvy-Grass, two handfuls; the pulp of an Orange, Beat them together in a marble Mortar, pouring in by degrees

grees half a pint of White-wine. Strain them, and squeeze them a little ; and reserve the Liquor for your use.

The same Remedies are also of excellent use in the Scorbatic, or Hysterical Rheumatism, only the letting of Blood, and purging, must be omitted.

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*Short and useful Notes on
Dr. Sydenham's Me-
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By a late Learned Physician.

Of Intermittent Fevers.

IF the Fever return, after the use of the *Peruvian* Bark has been four times repeated; Dr. Sydenham prescribes *Canary* Wine to be us'd for ordinary Drink, and finds this Method to be successful.

Of the continual burning Fever.

In all continual burning Fevers, after the Patient has been two or three times let Blood and purg'd by turns; the Doctor gives Narcotic or quieting Medicines every Night, in the beginning of the Disease, before it come to an heighth, not neglecting in the mean time the use of cooling Medicines.

A more Compendious Way of Curing the Hysterical Passion.

Take two ounces of Filings of Steel reduc'd to fine Powder ; and with a sufficient quantity of Extract of Wormwood, make Pills, twelve out of every dram ; of which the Patient must take three every morning, and at four a Clock in the afternoon, for thirty days, drinking after every Dose six spoonfuls of the following Julep.

Take of Milk-water, six ounces ; Compound Gentian-water, two ounces, Wormwood-water of the greater composition, one ounce, refin'd Sugar as much as is sufficient. Make a Julep.

Take of Rue-water four ounces, compound Briony-water two ounces, Tincture of Castoreum three drams ; and with a sufficient quantity of fine Sugar make a Julep, of which let the Patient take three spoonfuls every night.

Of a Disease resembling the Dropsy.

There is a certain swelling of the *Abdomen*, that resembles a Tympany, but is only an effect of a windy Hysterical Passion: In this Case you must never prescribe Medicines that expel watery Humors powerfully ; but after the Patient has been let blood and twice purg'd, the use of Steel continu'd for a whole Month is of admirable efficacy.

Of the use of Chalybeat Medicines.

Whatsoever the Disease be, for which Chalybeat

yeat Medicines are prescrib'd if they trouble the Patient's Stomach, or heat his Blood, let him drink purging Mineral Waters, and take some gentle Medicine, which must be given in a moderate Dose, and repeated as there shall be occasion.

An Excellent Purging Medicine for the Dropsy.

Take of the Pills *Cochæ*, the less half, a scruple; *Gambugia* seven grains; *Elatertum* four grains: And with a sufficient quantity of Syrup of *Buck-thorn* make four Pills, which are to be taken twice or thrice every week, according to the strength of the Patient.

Of Suppression of the Loches, or Child-Bed Purgations.

Whatever Doctor *Sydenham* has Writ against the use of *Laudanum* in this Disease; he has since learn'd from longer Experience, that after all other Remedies have been try'd in vain, this is the surest and last Refuge. For though at the first it may seem to hinder the flowing of these Purgations, yet, after a few days, it brings them forth plentifully, before the Patient be seiz'd with more grievous Symptoms.

Of Fluxes of the Belly.

In all Fluxes of the Belly, and other immoderate Evacuations, he commits the whole business of the Cure to liquid *Laudanum*, which he exhibits every two hours, from five to fifteen, or

or twenty Drops; augmenting the Dose gradually; according as the Flux, or Inclination to sleep is more or less urgent. And therefore he omits the use of Purgatives, and of all other Medicines whatsoever.

Of the Diabetes.

Take of the *Peruvian* Bark in fine Powder six drams; Filings of Steel two drams; with a sufficient quantity of Syrup of Comfrey, make an Electuary to be divided into twelve equal parts, of which one must be taken every six hours, drinking after it six spoonfuls of the following Julep.

Take *Canary-Wine* four ounces, Milk-water five ounces, Water of Oak-buds two ounces, Syrup of dry'd Roses one ounce, liquid *Laudanum* thirty drops: mix and make a Julep.

Beware that the *Laudanum* that you use be not Tartarised, for Salt of Tartar is Diuretic.

F I N I S.

Abstracts of certain Treatises written by Dr. Sydenham, concerning some of the most common and obstinate Diseases.

I. *Concerning the Pleurisy.*

THE Pleurisy is one of the most common Diseases with which Mankind is afflicted. No Time nor Season can exempt People from its Attacks; but it reigns most commonly about the end of the Spring, or the beginning of the summer. They that are of a sanguine Constitution are most infested by it; and it often seizes on those whose Bodies are hardened with labour.

It begins usually with Chills and Shivering, which are quickly follow'd by Heat, Thirst, Unquietness, and other Symptoms of a Fever, which are but too well known. After a few hours, the sick Persons are taken with a vehement pricking Pain in one of their Sides, which reaches sometimes toward the Shoulders, sometimes toward the Back, and at other times is extended forwards to the Breast. They are also almost perpetually troubled with a tormenting Cough. The Matter that is spit forth is at first thin, and in little quantity, and intermix'd with Particles of Blood; afterwards, in the Progress of the Disease, it is more copious, and better concocted, but still mixt with Blood. The Fever in the mean time keeps pace with the Pain

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and Cough, and sometimes is heightned by the Symptoms that are produc'd by it. At length the Fever, with all its fatal Attendants, is by degrees mitigated, as the Matter that causes it is freely rais'd and cast forth. But every Patient does not escape so easily, nor does the expectoration grow still freer in the Progress of the Distemper; for sometimes the Matter that is spit forth then, is as thin, and in as little quantity, as at the beginning; in which case the Fever never remits till it ends in the Death of the Patient. Some are too costive, whereas others are troubled with a Looseness, the Excrements being very liquid. Sometimes by reason of the Violence of the Disease, and the Neglect of Bleeding, the Patient is not able to cough; but being tormented with an intolerable Shortness of Breath, is almost suffocated by the strength of the Inflammation, which is sometimes so great, that the Breast cannot be sufficiently dilated for breathing, without extreme Pain. Sometimes also when a Vein is not open'd in the beginning of the Disease, the Inflammation ends in an Abscess, and the Matter falls into the Cavity of the *Thorax*; in which case, tho' the Fever either wholly ceases, or at the least grows milder, yet the Danger is not over, but the Patient being wasted by an *Empyema*, and Hectic Fever, ends his miserable Life by a Consumption.

Tho' the Pleurisy is it self a peculiar kind of Fever, when it is an Original Distemper, yet it often follows after other Fevers, and that indifferently after all sorts of Fevers, by precipitation of the Febrile Matter upon the

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Pleura and the Muscles between the Ribs. And this happens at the very beginning of a Fever, while the Matter that causes it being yet crude and undigested, is not sufficiently prepar'd for Separation through more convenient Passages. These Misfortunes are most frequently occasion'd by the undue and ill-tim'd use of hot Medicines, such as are wont to be exhibited by some Ladies, who might employ their Charity better in feeding the Poor, than in administering Physic to them. And among other assisting Causes, we may reckon the Age and Constitution of the Patient, and the Season of the Year, namely, between the Spring and Summer; for 'tis certain that Fevers that happen about that time, are apt to degenerate into Pleurifies.

The Colour of the Blood that is taken out of the Veins, seems to confirm our Assertion, that this Disease is caus'd by the Precipitation of the febrile Matter. For the Blood, at least that which is extracted after the first Blood-letting, being cool'd resembles melted Tallow, and its surface is like that of *Pus* or *Quittor*, tho' it be very different from it, as consisting of Fibres as well as the rest of the Blood, nor does it flow like *Pus*, but this discolour'd part being separated from the rest, resembles a tough and fibrous film: and perhaps 'tis only the Fibres of the blood, depriv'd by precipitation of the natural Redness, that are thus condens'd by the cold Air in a whitish Membrane. I have often observ'd, that the Blood that does not gush out in a full Stream, but runs along the Skin, tho' ever so swiftly, appears not of that Colour,

nor does the Patient receive so much Ease by this way of Bleeding as by the other, and therefore when a Vein is open'd, the Orifice ought always to be made of a due Wideness.

But whatever the Colour of the Blood be, this infamous and truly dangerous Disease, if the Cure be skilfully manag'd, may be easily overcome; and the Physician may expect as certain and constant Success in this case as in any other.

The Cure depends wholly on Bleeding; and therefore as soon as I am call'd to visit a Patient that is sick of the Pleurisy, I order about ten ounces of Blood to be taken from the Arm of the Side where the Pain is felt, and the following Potion to be drunk immediately after the first Bleeding: Take of Corn-Poppy Water four ounces, Sal Prunella a dram, Syrup of Violets an ounce, mix them for a Draught. Also, Take seven sweet Almonds, Melon seeds and Pompion seeds of each half an ounce, white Poppy seeds two drams, beat them together in a Marble Mortar, pouring in gradually a pint and an half of Barley water, two ounces of Rose water and half an ounce of Sugar-candy; mix and make an Emulsion: of which let the Patient take four ounces every four hours. I prescribe also Pectoral Remedies to be used frequently: Take of the Pectoral Decoction one quart, Syrup of Violets and of Maiden-hair of each one ounce and a half; mix and make an Apozem: Dose, half a pint three times in the day. Take Oyl of Sweet Almonds two ounces, Syrup of Violets and Maiden-hair of each one ounce, Sugar-candy half a dram; mix and make a Liniment to be used frequently. Also Oyl of Sweet Almonds taken by it self, or Linseed Oyl newly drawn, are often exhibited with good Success.

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As to what concerns Diet, I enjoin a total Abstinence from Flesh, and from all manner of Broths made with Flesh, tho' never so small. I recommend Broths made with Barley and Oats, and Panado, and for ordinary Drink, a Prisan made of the Decoction of Barley, with the Roots of Sorrel, Liquorice, &c. and sometimes Small Beer. Besides, I prescribe the following Ointment: *Take Oyl of Lillies, of Sweet Almonds, and the Ointment Dialthææ, of each one ounce; mix and make a Liniment,* with which the Part affected is to be anointed Morning and Evening, covering it with a Cabbage Leaf. And I advise, that the use of these Remedies be continu'd thro' the whole course of the Disease. The same Day, if the Pain be very violent, or otherwise, the next Day, I cause a like quantity of Blood to be taken away as at the first, and order the same to be repeated the 3d and 4th Days, (if the sick Person do not recover before that time) namely, when the Pain and other Symptoms are very violent. But if the Disease be milder and less dangerous, so as to admit of a slower Cure, or if the Patient has not Strength to bear the loss of so much Blood in so short a time; after the second bleeding I use to intermit a Day or two between each of the other times. And tho' in the Cure of all Diseases, I order more or less Blood to be taken away, as the occasion requires, yet I have seldom observ'd, that a confirm'd Pleurisy in adult Persons could be cur'd at a less Expence than of 40 ounces of Blood; but for Children, the Cure is commonly perfected by the opening of a Vein once or twice. Neither must you forbear to repeat the bleeding upon

the appearing of a *Diarrhœa*, which sometimes happens; for by this method the Looseness will be quickly stopt, even without the use of astringent Remedies. As for Clysters, I either wholly omit them, or cause them to be injected at great distances, between the times of bleeding, prescribing only such as are most simple, as Milk and Sugar. During the whole course of this Disease, I take care that the Patient be not kept too hot; and therefore I give him leave to abstain from his Bed some hours every Day, according to his Strength. And this Caution is of so great importance in this case, that if the sick Person be constantly confin'd to his Bed, it happens sometimes that the Symptoms cannot be mitigated, either by the repeated Letting of Blood, or by any cooling Remedies whatsoever. Immediately after the last Bleeding (or perhaps before) all the Symptoms abate, and the Patient (who for some days longer must abstain from solid Meats, and all manner of spiritous Liquors, by degrees recovers his wonted Strength: About which time, it will not be improper to exhibit some gentle purging Medicine.

Now, if it shall seem strange to any one, that I have scarce so much as mention'd Expectoration, much less treated of the various means by which it may be promoted in the divers periods of the Disease; I answer, that I have rather purposely omitted, than forgotten to speak of it. I have always believ'd, that 'tis very unsafe to commit the Cure of a Pleurisy to Expectoration. For, not to mention the Tediousness of that Method, 'tis certainly too full of Danger to be insisted on; since it happens not unfrequently,

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ly, that while part of the Matter is already concocted, and perhaps cast forth, the rest shall remain crude and unprepar'd ; and that when the most potent, digesting, and expectorating Remedies have been us'd, the Expectoration that proceeded prosperously for some while, is sometimes wholly suppress'd, the Patient in the meantime being in perpetual danger, and doom'd either to Life or Death, according to the power that the Physician has to raise and govern the Expectoration, which is certainly none at all : Whereas, by the Letting of Blood, the Matter that causes the Disease is at my Command ; and as I please I can make the Orifice in the Vein perform the Office of the Wind-pipe. And I dare affirm, that this Disease which, if otherwise handled, may be justly reckon'd amongst the widest and most fatal Gates of Death, may, according to the Method that I have describ'd, be cur'd as safely and certainly as any other Disease whatsoever, not to mention the Speediness of the Cure. Nor did I ever know that any Person receiv'd the least Injury by so plentiful an Evacuation of Blood.

I have often indeed attempted to establish some other Method by which this Disease might be cur'd without so great a loss of Blood, either by resolving the Humour, or expelling it by promoting Expectoration. But after all, I have not been able to find out any Method so effectual as that which I have explain'd ; by which, notwithstanding of the sad Presages of a dry Pleurisy, I restore the Patient without staying for Expectoration, making the same Orifice in the Vein serve to let out the Disease, and let in Health.

II. Concerning the Gout.

The *Gout* most commonly attacks Old Men, who have spent the better part of their Lives in Ease and Effeminacy ; who having accustomed themselves to a full Diet, and spiritous Liquors, at last overcome with Laziness, that perpetual Companion of Old Age, intermit those Exercises which they used in their younger days. Besides, they that are subject to this Disease, have great Heads ; most of them have a full, moist, and loose Constitution of Body, and all of 'em are endu'd with a vigorous Complexion, and strong Principles of Life.

Yet all lean Persons are not privileg'd from suffering these Torments ; and sometimes even young Men are troubled with them ; namely, such as inherit them as a fatal Legacy from their Parents, or have brought this Disease upon themselves by their too early Lust, or by leaving off those Exercises that they were wont to use, even perhaps to Excess ; or by falling suddenly from the immoderate drinking of spiritous Liquors to such as are thin and cooling.

If the Patient be already worn out with the Infirmities of Old Age before the Gout begins to torment him ; 'tis observable, that that Disease doth neither keep such certain Periods, nor rage so fiercely, as when it assaults those that are young ; and the Patient's Life is commonly at an end before the Disease can arrive to a height : but when it begins more early,

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tho' it doth not yet seem to have taken root, nor cause very violent Pains, but attacks the Patient, as it were, only occasionally, and without any order; yet by degrees it gathers strength, and observes stated Periods, both in returning at certain Seasons of the Year, and in the Duration of the Paroxisms, which also grow to be more grievous and violent than they were at first.

I shall first describe the Order and Progress of the Disease when 'tis *Regular*.

About the End of *January*, or Beginning of *February*, the Paroxism comes suddenly, and almost without any precedent Sign; only the sick Person is troubled with Crudities and Indigestion for some Weeks before; as also with a sort of windy Swelling of the Body, and Heaviness, which encreaseth daily till the coming of the Paroxism, which is preceded for some days by a Numbness, and a feeling of Vapors descending through the Flesh of the Thighs, accompany'd with convulsive Motions or Contractions; and the day before the Fit, the Appetite is greater, but not natural. The Patient goes to Bed, and falls asleep in good health; but about two hours after Midnight he is awaken'd by a Pain, which usually affects the great Toe, tho' sometimes it is felt in the Heel, Ankle, or Calf of the Leg. This Pain resembles that which accompanies the Dislocation of a Bone, and the Patient feels somewhat, as if Water were pour'd on the Membranes of the affected part. Instantly he is seiz'd with Chilness and Shivering, and a certain Feverishness. The Pain, which at first was re-

miss, grows hourly more violent, while the Chilness and Shivering abate proportionably. At length, about the Evening, the Pain is at the heighth, accommodating it self exactly to the various Contexture of the Bones of the Feet, in whose Ligaments it is seated. Sometimes it resembles a violent stretching or rending of the Ligaments, sometimes a gnawing, like the biting of a mad Dog, and other times a squeezing or binding of the part affected. Besides, the part is endu'd with a sense so exquisitely tender, that the Patient can neither endure the weight of the Cloths upon it, nor the shaking of the Room by Walking: Insomuch that the sick Person passes the Night not only without Sleep, but also with perpetual tossing from one place to another; nor is the Agitation of the whole Body less violent than that of the affected Member; and the Patient, by a thousand vain Endeavours, and continual changing of Postures, labours to find some Mitigation of his Pains, which nevertheless doth not happen till two or three a clock in the Morning, which is twenty-four hours after the first Insult of the Paroxysm, at what time, the offended Matter being in some measure digested, and part of it dissipated, the Patient has suddenly some Ease, which is commonly (but falsely) attributed to the last Situation or Posture of the affected Part: then, a gentle Sweat breaking forth, he falls asleep, and at his awaking perceives a new-risen Tumor in the affected Part, whereas before there was only a great Swelling of the Veins, which usually appears in all Fits of the Gout. The next day, and perhaps for

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two or three days, if the Matter that causeth the Disease be very copious, there is still a little Pain felt in the affected Member, which is exasperated in the Evening, and abates about the time of the Cock's crowing. After a few days, the other Foot is seiz'd with a Pain like to the former, both in Vehemency, and in the time of its Duration. Sometimes indeed, in the beginning of the Disease, when the offended Matter is so exuberant that one Foot is not sufficient to contain it, the Pain seizes on both with equal Violence; but for the most part it attacks them successively, after the manner that is describ'd above. After both the Feet have had their Turns of Pain, the following Paroxisms are irregular, both as to the time of the Invasion, and Duration; but the Pain is still exasperated at Night, and abates in the Morning. Of such a Train of little Paroxisms is that which is called a *Fit of the Gout* made up, which is shorter or longer, according to the Age of the Patient. For when this Disease has continu'd to torment the Patient two or three Months, we must not imagine that it is only one Fit, but rather a Series or Chain of little Paroxisms, of which the latter is always shorter and milder than the former, till at last the offending Matter being entirely exhausted, the Patient recovers his wonted Health: Which, to vigorous Persons, and such as are rarely troubled with Returns of the Disease, doth often happen in fourteen days; to old Persons, and those that are troubled with frequent Paroxisms, in two Months; but to such as are broken either with Age, or the long continu'd

tinu'd Violence of the Distemper, not till the Summer be far advanc'd. The first 14 Days the Urine is high-colour'd, and after breaking lets fall a red Sediment; and the sick Person doth not void by Urine above a third part of what he drinks: the Belly being also costive during the first Days of the Disease. In the mean time the Paroxysm, through its whole course, is attended with want of Appetite, Chilness of the whole Body about the Evening, a Heaviness and Uneasiness even of those Parts of the Body that are not immediately affected by the Disease. And the Fit going off is succeeded by an Itching in the affected Foot, which is scarce to be endur'd, especially between the Toes, whence Scales fall off, and the Feet also are peel'd, as when one has been poison'd. The Patient being freed from the Disease, recovers his Appetite and good Digestion, according as the late Paroxysm was more or less violent; and after the same proportion, the next Fit is either hasten'd or retarded. For if the Patient was cruelly handled by the last Paroxysm, he need not fear another Insult till about the same time of the next Year.

The Account that I have given of the *Gout*, is to be understood of that Disease only when 'tis *Regular*, and attended with its genuine Symptoms: For when the natural Order of the Disease is disturb'd by an undue Use of Medicines, or when by reason of the Length and Obstinacy of the Distemper, the whole Substance of the Body is in a manner turn'd to Nourishment for the Disease, and Nature is render'd unable to expel it after its usual Method; the Symptoms

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that appear in these cases are very different from those that have been already describ'd. For whereas hitherto the Pain was lodg'd only in the Feet, which are the proper Seat of the peccant Matter, in this case it seizes on the Hands, Wrists, Elbows, and Knees, and other parts of the Body; which is a most certain sign that either the Order of the Disease is inverted, or the Vigor of the Body decay'd. Sometimes the Pain distorting one or more of the Fingers, makes them like to a Bunch of *Parsnip Roots*, and depriving them by degrees of Motion, generates knotty Excrecences about the Ligaments of the Joints, which resemble Chalk or Crabs Eyes, and corroding the *Cuticula*, and even the true Skin of the Joints, may be pick'd out with a Pin. At other times, the Matter that causeth the Disease, being lodg'd in the Elbows, raiseth a whitish Swelling, almost as big as an Egg, which is by degrees inflam'd, and grows red. Sometimes it seizes on the Thigh, in which case the sick Person is not much troubled with Pain, but feels somewhat like a great weight hanging at the affected part. But when it creeps downwards to the Knee, the Pain is more violent; and the Patient being utterly deprived of Motion, remains nail'd to his Bed, and unable to stir a hairs breadth from the place where he is laid. And when, by reason of the universal Unquietness of the Body, which is so usual in this Disease, or upon some necessary Occasion, the Patient must be remov'd by the help of others, there is need of all the Care and Tendernefs that can be us'd; for the least Unevenness or Contrariety in the Motion

Motion may cause a Pain, which would be altogether intolerable, if it did not instantly vanish. And this same nice Tenderness that must be observ'd in removing the Gouty Person, is not the least of his Afflictions. For the Pain is not so violent through the whole Paroxysm, if the affected Member be suffer'd to enjoy an undisturb'd Rest.

Whereas when the Gout is regular, the Patient is only troubled with it about the end of Winter, and usually recovers after two or three Months; in the present Case, it ceaseth not to torment him through the whole Year, excepting only the two or three hottest Months in the Summer. And 'tis to be observ'd, that as the *Great* or *General Fit* is longer in this than in the former Case, so every one of the *Lesser* or *Particular* Paroxysms, of which the *Great Fit* is made up, is also longer: for whereas formerly these particular Paroxysms did not last above a day or two; now, wheresoever they fix themselves, they never quit their hold before the fourteenth day; especially when they seize on the Feet or Knees. And, besides the Pain, the Patient is also troubled with a certain Sickness on the first or second day of the Fit, and suffers an entire Loss of Appetite.

In the last place, whereas before the Disease was grown to such a height, the Patient did not only enjoy longer Intervals of Ease, but also during the Intermission of the Distemper was free from any Symptom, either in his Joints, or in the rest of the Body, all the natural Faculties performing their several Offices regularly; now his Joints are so contracted and disabled,

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abled, that tho' he can stand, and perhaps also walk a little, yet he creeps along with so much Uneasiness, and with so troublesom a Lameness, that even when he walks he seems to remain in the same place; And if he continue to walk beyond his Strength, that his Feet may be inur'd to travel, the more they are by this means strengthn'd and enabl'd to resist the Insults of the Pain; the morbific Matter, which in these Intervals is never wholly dissipated, falls upon the Entrails with greater Fury, when it cannot find a Passage to the Feet, which in this Period of the Disease are never wholly free from Pain.

Besides, the Patient is troubled with many other Symptoms; as, Pain of the Hæmorrhoids, stinking Belching, accompanied with a Taste like to that of Meat that is already chew'd and putrified in the Stomach, as often as he eats any thing that is hard to be digested, or even such a quantity of Meat as is convenient for one that is in Health. The Appetite languisheth, as the whole Body also doth, for want of Spirits. In fine, he lives only to be miserable, and not in the least to enjoy the Sweetness of Life. The Urine which before was of a high colour (especially in the Fit) and in little quantity, doth now, both in colour and quantity, resemble that which is voided in a *Diabetes*. He is troubled with an Itching in his Back, and other parts of the Body, chiefly about the time that he should go to sleep.

This Disease also, when 'tis deeply rooted, is attended with this Inconveniency, that by stretching out of the Legs, especially in the Morning, the Ligaments of the Bones of the Soles

Soles of the Feet are vehemently contracted, as if they were violently prest or squeez'd by a strong Hand. Sometimes also, without any precedent stretching of the Legs, when the Patient is almost asleep he feels a Pain in those Bones as if they were broken to pieces by a sudden Blow, and awakes with a loud Groan. The Tendons of the Muscles that sustain the Legs are sometimes seiz'd with so violent and fierce a Contraction, that if the Pain which it occasions should continue never so short a while, it would overcome the greatest human Patience.

After many and dismal Torments, and a tedious Course of Misery, as an Earnest of that Ease which approaching Death is shortly to give the Patient, he is not so cruelly tortur'd with Pain in the following Paroxysms, Nature being partly overwhelm'd with the Burthen of the offending Matter, and partly being enfeebled by Age, and not longer able to drive its Enemy constantly and vigorously to the Extremities of the Body: But instead of the usual Pain, he is now troubled with Sickness, Pain in the Belly, Weariness without any manifest Cause, and sometimes a Propension to Looseness. While these Symptoms are in their Vigor, the Pain in the Joints abates; and as soon as the Joints begin again to be tormented, the other Symptoms disappear. Thus the Pain and Sickness coming and going by turns, the tedious Paroxysm is prolong'd. And it ought to be remark'd, that after one has been troubled many Years with the Gout, the Pain decreaseth gradually in every succeeding Paroxysm, and the Patient

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Patient is at last kill'd, rather by Sickness than Pain: for the Pain that he suffers in the latter and longer Paroxisms, doth scarce amount to the tenth part of that which he endur'd before his Strength was broken. But the Cruelty and Violence of the Disease was then sufficiently aton'd for by the length of the Intervals between the Fits, and the Health that he enjoy'd during the Intermision. For in this Disease, Pain is the bitter Remedy of Nature; and the fiercer it is, the shorter will the Paroxism be, and the succeeding Interval of Ease both longer and more perfect.

But besides all this numerous and fatal train of Symptoms, the *Gout* often breeds the *Stone* in the *Kidneys*; which sometimes puts the Patient to the melancholy Task of considering whether the Pains of the *Gout* or *Stone* be more intolerable: Sometimes also the latter, stopping the Passage of the Urine to the Bladder, hurries the Patient to his Grave, without expecting the slow Progress of its Companion.

Neither is't enough that the Patient is so cruelly tormented, that he is no longer Master of himself, nor able to subsist without the continual assistance of others; but, to make him compleatly wretched, his Mind being struck with a sort of Contagion, takes so deep a share in the Miseries of his Body, that 'tis not easy to determine which of them is in the worst case. For every Paroxism may be call'd a Fit of *Anger* as properly as of the *Gout*, since the Understanding and Reason are so weakned by the Infirmities of the Body, that they are apt to be disorder'd by every Accident, and the Patient is equally
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burthenfome to others, and to himfelf. And he is no lefs obnoxious to the reft of the Paſſions, as Fear, Anxiety, and the like; by all which he is tormented with equal Violence, till the Health of his Mind be re-eſta bliſh'd with that of his Body.

To come to the laſt Aſt of this woful Tragedy, the Entrails being ſo corrupted and vitiated by the Morbific Matter, that the Inſtruments of Separation are no longer able to diſcharge their reſpective Offices; the Blood ſtagnates, being overcharg'd with Slime and Filth, the offending Matter is not now, as formerly, expell'd to the extream part of the Body, and the wretched Patient finds at laſt an end of all his Miſeries in his Grave.

The *Gout* very rarely affaults Women, and thoſe only Old Women and *Viragoes*, or ſuch as have a Maſculine Habit of Body. They who either in their Youth or riper Age ſuffer Symptoms that reſemble the Gout, owe them either to the Hyſterical Paſſion, or the Remainders of the Rheumatism, with which they have been formerly infeſted, and the Matter that nourish'd it not ſufficiently expell'd.

Nor have I hitherto obſerv'd, that Boys, or any under the Age of Young Men, have been troubled with this Diſeaſe; yet I have known ſome, who, before they have attain'd to that Age, ſuffer'd ſome ſlight Inſults of this Diſtemper, namely, ſuch whoſe Parents were troubl'd with it when they were begotten. And ſo much for the *Hiſtory of the Gout*.

To proceed to the *Cure*. I ſhall in the firſt place take notice of ſuch things as muſt be avoided.

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ded. And whereas there are only three ways by which the Morbific Matter may be expell'd, viz. *Bleeding, Purging, and Sweating*; 'tis certain that none of them ought to be admitted in this case.

In the first place, Those that are arriv'd to an advanc'd Age must never be let Blood, either for Cure or Prevention: For, tho the Blood that is extracted doth for the most part resemble that which is taken from such as are troubled with a Pleurisy, or Rheumatism; yet Bleeding is no less hurtful in *this*, than it is useful in *these* Diseases: For if the Blood be extracted during the time of Intermision, tho never so long after the End of the Fit, the Agitation of the Blood and Humours may produce a new Paroxysm, which shall be both longer, and attended with worse Symptoms than the former, the strength and vigour of the Blood being repair'd, by the help of which the Morbific Matter should have been expell'd. The same Inconveniency must also happen when the Patient is let Blood, at the beginning of the Fit. And if Bleeding be administred immediately after the Fit, there is great Danger, lest, while the Blood is yet languid, and hath not recover'd its broken vigour, Nature should be so weaken'd by such an unseasonable Wound, as that an open door should be left for the Dropsy to enter at. But if the Patient be young, and heated by immoderate Drinking, a Vein may be open'd in the beginning of the Fit: But if he shall constantly accustom himself to be let Blood in the succeeding Paroxysms, the *Gout* will quickly grow inveterate, and will acquire more Force, and

and extend its Tyranny further in a few Years, than otherwise it could have done in many.

In the next place, as for Evacuation, whether upwards or downwards, 'tis to be observed, that since 'tis an inviolable Law of Nature, and interwoven with the very Essence of this Distemper, that the Matter that nourisheth the Disease should be deposited on the Joints; the Effect of evacuating Medicines, whether Purgatives, or Vomits, can only be this, that the offending Matter which Nature had thrust forth to the Extremities of the Body, will be again convey'd into the Mass of the Blood, and by falling on some of the Entrails endanger the Patient's Life, that before was secure; which not unfrequently proves fatal to those who accustom themselves to the Use of purging Medicines to prevent a future, or (which is worse) to mitigate a present Paroxysm: For, by disturbing Nature in the Prosecution of her own familiar and safest Method, and driving the Humours inwards; instead of a Pain in the Joints, with which they are very little, if at all troubled, they are miserably tormented with Sicknefs at the Stomach, Gripings of the Guts, Swoonings, and a long Train of irregular Symptoms.

I am certainly perswaded by manifold Experience both in my self and others, that at what time soever purging Medicines are exhibited, they are so far from performing what is expected from them, that they occasion the Mischief which they should have prevented. For being given in the Fit, by disturbing Nature while she was busied in separating the Mor-

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bific Matter and expelling it to the Joints, they have rais'd notable Tumults in the animal Spirits, and not only heighten'd the fury of the Paroxysm, but have thrown the Patient into manifest danger of an untimely Death. And having been us'd at the end of the Paroxysm, instead of expelling the Relicks of the Disease, they brought on a new Fit, which was no less violent than the former; which kind of Inconveniency I have experimented more than once, by unseasonably endeavouring to extirpate the Remainders of the Disease, according to the Rules of Art. And finally, as for the Method of Purging, at certain Intervals, in the time of Intermission, to prevent the Return of the Paroxysm, tho' it must be acknowledg'd that this way is not so dangerous as the former, yet it may also occasion the Return of the Paroxysm; and tho' the Patient should escape that Hazard, yet he must never expect to be cur'd by that Method, how carefully and constantly soever he shall persist in it. I have known some Persons that were obnoxious to this Disease, who accustomed themselves to repeated Purgations, not only in the Spring and Autumn, but every Month, yea and every Week, without any other Effect than that the Disease assaulted them more fiercely, and was attended with worse Symptoms than if they had us'd no Remedies at all. For tho' Purgation may evacuate a part of the conjunct Cause of the Gout, yet since it weakens Concoction, instead of strengthening it, and respects only one Cause of the Disease, it can never perfect the Cure.

Yet

Yet as hurtful as this Method is, it hath acquir'd no small Fame to certain *Empirics*, who cunningly conceal'd the Medicine that they us'd: For 'tis to be noted, that as long as the Operation of the Medicine continues, the Patient is not much, or not at all, troubled with Pain; and if the Purgation can be prolong'd for some days, and in the mean time the Patient be not seiz'd with a new Fit, he quickly recovers from that which he had: but he is severely punish'd for his Indiscretion, by the Tumults that are rais'd by the Agitation of the Humours.

In the last place, the Evacuation of the peccant Matter, by Sweating, tho' 'tis less hurtful than the other Methods, yet is certainly prejudicial: for when 'tis attempted out of the Fit, it expels the Humours by force upon the Joints, while they are yet crude, and not sufficiently prepar'd for Separation; and by so doing it hastens the Return of the Paroxysm before the due time, and even in spite of Nature. Again, If a Sudorific be given in the Fit, it drives the Morbific Matter too violently upon the affected Member, and causeth intolerable Pain: if there be more Matter than the affected Part can receive, it thrusts the Remainder upon some other Member, and occasions a violent Commotion and Ebullition of the Blood and other Humours: and if the Body abound with serous Humours, 'tis to be fear'd lest an Apoplexy should follow. In short, I have observ'd in this and all other Diseases, that I have hitherto had Experience of, that 'tis Nature's Province, rather than the Physician's, to procure Sweating; since it is impossible to determine with Exactness

ness the quantity of the Matter that is already prepar'd for such a Separation.

'Tis evident from what has been said, that evacuating Medicines are not only useless, but even hurtful in this Disease. It remains now to enquire into the true Method of Cure. I have consider'd, with great Care and Accuracy, the various Symptoms and Appearances that attended this Disease; and I'm convinc'd that the Physician should, above all, labour to withstand these two Causes of the Distemper, namely, the Indigestion of the Humors, occasion'd by the Defect of natural Heat and Spirits, which is the antecedent Cause; and the Heat and Effervescency of the same Humors, already putrify'd and grown sharp, by reason of their staying longer than they ought to have done in the Body, which is the conjunct Cause, and depends on the former. These Causes differ from one another so widely, that the Remedies which are good for the former are inconvenient in respect to the latter. For while we endeavour to resist the Indigestion by hot Medicines, 'tis to be fear'd that the Heat shall be augmented; on the other hand, while we labour to allay the Heat and Sharpness of the Humors by cooling Remedies and Diet, by the same means we increase the Indigestion by destroying the natural Heat. Now I do not only understand by the conjunct Cause, that which being actually lodg'd in the Joints creates a Paroxysm, but also that which lurks in the Blood, and is not yet fit for Separation. For the Morbific Matter is very rarely expell'd so entirely, even in the most cruel and tedious Paroxysms,

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as to leave no Remainder of it behind after the Fit is past. And therefore respect must be had to these two Causes, both in and out of the Fit. Seeing then that the Expulsion of the Matter, that causeth the Disease, is the Work of Nature alone, to be perform'd by her after her own Method; and since nothing can be attempted for the Mitigation of the Heat and Sharpness of the Humours, without prejudice to Digestion, unless by abstaining from a hot Diet and Medicines, by which the Humours are inflam'd; 'tis certain that the main Scope of the Cure must be directed to promote Digestion; concerning which I shall now treat, and by the way also hint such Remedies as may serve to allay the Heat and Sharpness of the Humours.

Whatsoever things therefore are proper to assist Nature in the right Discharge of her several Offices; whether by comforting the Stomach, that the Aliments may be thoroughly digested; or by strengthening the Blood, that the Chyle that is brought into it may be duly assimilated; or by corroborating the solid Parts, that the Juices which are destin'd for their Nourishment and Augmentation may be more perfectly transform'd into the proper Substance of the Parts; finally, whatsoever things are fit to preserve the Instruments of Evacuation in such a state, that they may be able to expel the Excrements of the Parts in due Time and Order; these, and all other things of a like Nature, are fit to be us'd in this Case, and are properly call'd *Digestives*, whether they be Medicines, Diet, Exercise, or any of those things that are usually comprehended under the Name of the *Six Non-natural things*.

Such

Such, in general, are those Medicines that are moderately hot, and either are bitter, or bite the Tongue gently : These are very grateful to the Stomach, purify the Blood, and comfort the other Parts of the Body. Such, for Example, are the Roots of *Angelica* and *Elicampane* ; the Leaves of *Wormwood*, *Lesser Centory*, *Germainder*, *Ground Pine*, &c.

To these you may add the Remedies that are commonly call'd antiscorbutical ; such as the Roots of *Horse-Radish*, the Leaves of *Garden-Scurvy-grass*, *Water-Cresses*, &c. But tho these sharp and biting Herbs are agreeable to the Stomach, and promote Concoction ; yet since they augment the Heat, and stir up the Morbific Matter, they ought to be us'd more sparingly than those other Medicines, which by their gentle Heat and Bitterness strengthen the Stomach, and corroborate and enliven the Mass of the Blood.

'Tis to be observ'd, that a convenient Mixture doth more effectually digest the Humours than any one single Remedy : For tho when we stand in need of the specific Virtue of any Medicine, that Rule certainly takes place, that *the simplest Preparation is the best* ; yet when we endeavour to cure a Disease by answering a certain Indication, every Ingredient contributes to the Work ; and in such a Case, the Medicine that is compounded of the greatest number of Ingredients will operate most effectually. As for the Choice of the Ingredients, and the Manner of Compounding them, I leave it to the Discretion of skilful Physicians, who may frame several Compositions as the Occasi-

on shall require. But, in my Opinion, *Electuaries* are most convenient, in which the *Virtue* of the *Ingredients* is exalted by their mutual *Fermentation*; and for the *Advantage* of young *Physicians*, I am willing to communicate the *Remedy* which I usually prescribe. Take of the *Roots* of *Angelica*, *Calamus Aromaticus*, *Masterwort* and *Elicampane*; *Leaves* of common *Wormwood*, *lesser Centory*, *white Horehound*, *Germainder*, *Groundpine*, *Scordium*, common *Calamint*, *Feverfew*, *Meadow-Saxifrage*, *St. John's wort*, *Golden Rod*, *Wild Thyme*, *Mint*, *Sage*, *Rue*, *Carduus Benedictus*, *Peniroyal*, and *Southernwood*; *Flowers* of *Camomile*, *Tansy*, *Lilly of the Valley*, and *English Saffron*; *Seeds* of *Thlaspi*, *Garden-Scurvygrass*, *Caraways* and *Juniper-berries*. Gather the *Herbs*, *Roots*, and *Flowers* when they are in their *Vigor*; dry them and keep them in *Paper-bags*, till they may be reduc'd to fine *Powder*. Then take six ounces of each, mix them diligently, and with a sufficient quantity of *depurated Honey* and *Canary Wine*, make an *Electuary* of a due consistency according to *Art*. The *Patient* may take two *Drams* Morning and Evening; or he may use that which follows: Take of the *Conserve* of *Garden-scurvygrass* an ounce and a half; *Conserve* of *Roman Wormwood*, and of the yellow part of an *Orange*, of each an ounce; *Angelica* and *Nutmeg* candied, of each half an ounce; *Treacle* of *Andromachus* three drams, compound *Powder* of *Aron* two drams, and with a sufficient quantity of *Syrup of Oranges* make an *Electuary*; of which let the *Patient* take two *Drams* twice a day, drinking five or six *Spoonfuls* of the following *Water* after every dose. Take of the *Roots* of *Horse-radish* slic'd three ounces, *Garden-*
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Scurvy-grass twelve handfuls, Water-cresses, Brook-lime, Sage, and Mint, of each four handfuls, the Peels of six Oranges, two Nutmegs beaten, Mum twelve Pints; distil them in a common Still, drawing off only six Pints of Water for use.

Among all the Remedies that are commonly known, *Treacle of Andromachus* is most excellent for promoting Digestion; but since it contains several Ingredients that are too hot, and also abounds with *Opium*, 'twill be more convenient to use the abovemention'd Electuary, that is compounded of heating and strengthening Plants. In the mean time care must be taken, to make Choice of such Ingredients as may be most agreeable to the sick Person's Taste; for, seeing he must continue to use them very long, that is, almost all his Life, they ought, by all means, to be as little offensive to him as 'tis possible to make them. The best simple Remedy is the *Peruvian Bark*, which strengthens and invigorates the Blood, a small quantity of it being taken Morning and Evening.

There is nothing that ought to be observ'd more heedfully than this, that all *digestive Remedies* whatsoever, whether they consist of Medicines, Diet, or Exercise, must not be us'd carelessly, or for a while only, but constantly, and with all possible Diligence. For seeing in this Disease, and several other *Chronical Distempers*, the Cause grows at last to be a *Habit*, or second Nature, no considering Person will imagine that the Cure can be perform'd by a slight and momentary Alteration of the Blood and Humours; but rather, that the Constitution of the Body must be chang'd, and the whole Man renew'd.

'Tis moreover to be observ'd, that *digestive* Remedies are to be us'd chiefly in the intervals between the Fits, and as long as may be before the return of the Paroxysm. For the corroborating of all the various digestions, the Restoration of the decay'd Ferments of the Body, and the Re-establishment of a due Measure of strength in the Blood and in the Bowels, are things that cannot be compass'd without a long and diligent use of Remedies, especially when the Cure is obstructed by the Patient's Age, as well as by the Disease.

But how useful soever these, and such like Remedies may prove; yet the Work of Corroboration can never be perform'd by these alone, but those things must be also consider'd, that do not properly belong to the Art of Physick. And whosoever shall pretend to cure this or any other Chronical Distemper by the only use of Medicines, shall most certainly be disappointed. First then, a Mediocrity must be observ'd in Eating and Drinking, that the Stomach be not overloaded with a greater quantity of food than it is able to digest, by which means a new accession is made to the matter that nourishes the Disease; nor the parts of the body by an excessive Abstinence defrauded of that due proportion of Nourishment, that ought to have maintain'd them in Strength and Vigour, and consequently enfeebled. Both these extremes are equally hurtful, as I have often experienc'd in my self and others. As for the quality of the Aliments, such as are easy to be digested are to be enjoin'd, but with regard to the sick Persons Palate: For 'tis to be observ'd that oftentimes,

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oftentimes, even those things that are hard to digest, if they be earnestly covered by the Stomach, are sooner overcome by Nature, than other things which are offensive to the Stomach, tho' more easy to be digested; nevertheless such things as are hard to digest are on that score to be us'd sparingly. Moreover 'tis my advice, that the Patient content himself with one sort of Meat at every Meal, for the eating of several kinds of Flesh at one time, troubles the Stomach more than an equal quantity of one sort. Of all other things, but only Flesh, the Patient may eat at Pleasure, provided he abstain from every thing that is sharp, or seasoned with Salt or Spices; for tho' these things do not hinder Concoction, yet they are hurtful, inasmuch as they agitate the morbid matter.

As for the Time of Eating, 'tis convenient only to Dine; for seeing the Night is appointed for the Concoction of Humours, it must not be employ'd in the Digestion of Aliments. Let the Patient therefore abstain from Supping; only let him drink a large Draught of Small Ale, which hinders the breeding of the Stone in the Kidneys, to which Gouty Persons are usually obnoxious.

About twenty years ago, the Custom of prescribing a Milk Diet for the Cure of this Distemper began to prevail, by which the Patient is confin'd to the use of Milk alone, either raw or boil'd, all other Aliments being forbidden, unless perhaps a little Bread be added to the Milk once a day. Many have receiv'd more benefit by this Method, than by other Medicines, so long as they continu'd in an exact Observance

of it. But as soon as they return'd to such a Diet as is convenient for Persons in Health, tho never so mild and gentle, they have been more cruelly tormented than before. For the Principles of Nature being thereby awaken'd, the Patient is render'd more unable to resist the Disease, which consequently grows more dangerous and obstinate. Whosoever therefore intends to undergo this Course, should first consider seriously, whether he can persist in it all his Life, which perhaps he will not be able to do, notwithstanding of his firmest Resolutions. I knew a Noble Person, who after he had fed on Milk alone a whole Year, not only without trouble, but even with great pleasure, in which time he usually went to Stool once or oftner every day, his Belly being suddenly constipated, and the Disposition of his Body chang'd, (tho' he continu'd in the same Resolution of mind) at last his Stomach loathing the Milk, he was forc'd to leave it off: Besides, there are some Hypochondriacal Persons, of a gross Habit of Body, and such as have been long accusom'd to drink spirituous Liquors, who can by no means bear the use of Milk. In the mean time, that short and fleeting Benefit which those with whom the Milk agrees receive from this Diet, proceeds not only from the Simpleness of it, (in which respect I make no doubt but that Oatmeal-Gruel, if the Stomach could bear it, would produce the same effect) but also from its sweetening the Blood by tempering and allaying its sharp Particles. And besides, which I look upon to be the main Reason, seeing Milk is a sort of Food that is altogether too weak for adult Persons,

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Persons, it depresses that Turgidness and Vigorousness of the Humors that occasions the *Gout*, and by that means preserves those few with whom it agrees from that Disease, so long as they continue to feed upon it alone, and no longer. But 'tis not so profitable in this respect, as 'tis hurtful in respect to the original and principal Cause of the *Gout*, which consists in the Weakness of Digestion and of the Ferments: which some heedless Persons not attending to, have fall'n into great and destructive Errors; whilst, by endeavouring to resist the conjunct Cause of the Disease, or the Heat and Sharpness of the Humours, they destroy Concoction, and overthrow all the natural Functions.

Those Liquors, in my Judgment, are the best which are neither so strong as Wine nor so weak as Water, such as our Small-beer and Ale; the Extremes on both sides being hurtful: For Wine, 'tis agreed by all, and confirm'd by the frequent Experience of Gouty Persons, that 'tis really hurtful: For tho it may be thought to help Concoction, in the weakness of which I have plac'd the antecedent Cause of the *Gout*, yet 'tis without Controversy hurtful in respect to the conjunct Cause, by kindling and agitating the Humours: But neither will I yield that it helps Concoction, if it be us'd for ordinary Drink, for I rather believe it destroys it, unless the Patient has been long accusom'd to it. For tho it communicates some Heat in its Passages, yet certainly it destroys the Ferments of the Body, and puts to flight the natural Spirits; which is the Cause, if my Conjecture be just, that Drunkards are usually kill'd by the

Gout, Palsy, Dropsy, and other cold Diseases. Besides the daily and immoderate drinking of Wine, makes the Body soft and loose like the Bodies of Women; whereas temperate Liquors communicate Strength and Firmness to the parts, for which reason they that constantly use small Liquors, are seldom acquainted with the *Gout*. Besides, 'tisto be observ'd, that these Persons chiefly are obnoxious to the *Gout*, who, tho' their natural Concoction be weaken'd, yet by reason of a certain Luxuriancy of their Blood, are more than sufficiently nourish'd, and that by a kind of undigested Matter, instead of a sound and well concocted Substance. Now this Luxuriancy of the Blood is encreas'd by drinking Wine, which not only brings a fresh supply to the morbid Matter, but also stirs up that which lies lurking in the Body, to produce a Paroxysm. Finally, since the blood of Gouty Persons is very like to that which is taken out of the Veins of those who are afflicted with Pleurifies or other Inflammatory Diseases; it would be madness to throw Oil into a raging Fire, and to increase the Tumults that are already rais'd in the Blood, by drinking spirituous Liquors: nor is it less dangerous on the other hand to use too cooling Liquors, which by abolishing Concoction and extinguishing the natural Heat produce more fatal Effects, that is, not Pain as Wine doth, but Death it self: Which is confirm'd by frequent Instances of aged Persons, who having been formerly much addicted to Wine, suddenly fall from that to Water, and shortly after are punish'd for their Indiscretion with the loss of their Lives.

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Wherefore, let this Rule be observ'd by those that are obnoxious to the *Gout*, that they use such Liquors as may be drank to excess without danger of being intoxicated by them ; and such also as are not so cold but that they may be us'd without prejudice to the Stomach, such a sort of Liquor, as I hinted before, is our Small Beer ; and in other Countries, a convenient mixture may be made of a great deal of Water with a little Wine. 'Tis dangerous to drink raw and unmixt Water, as I have experimented to my own Cost. Yet 'tis drunk without any Inconvenience, by those who have accusom'd themselves to it from their Youth, and is at this day the ordinary Drink of the greatest part of Mankind, who are happier in their Poverty, than we in our Luxury and Abundance.

This is a truth that no reasonable Person can doubt of, that shall consider, not only that fatal croud of Diseases, with which our Bodies are tormented on the score of our Drink, such as the *Gout*, *Stone*, *Apoplexy*, *Palsy*, &c. but also the Violence that is done to our Minds, which are driven from their native Integrity, while the adventitious Spirits of these Liquors being complicated with the animal Spirits that serve to form the Thoughts, disturb the Mind by making it too Volatil, and suggesting vain Trifles, instead of solid and important Things, establish *Wit* in the room of *Wisdom*, between which there is almost the same difference, that is between *Substance* and *Nothing*.

They that have the Happiness to meet with a gentle Treatment from this Disease, may be

allowed to drink Small-beer, and Wine diluted; their Case being such, that it is not necessary to oblige them to undergo the Severities of a strict *Regimen*. But when the whole Substance of the Body is degenerated (if I may so speak) to a *Gout* ; whosoever will not abstain from all manner of fermenting Liquors, yea even from the smallest and thinnest sorts of them, shall certainly be disappointed of his Wishes for Ease: For all those Liquors have a certain Sharpness in them, and (which is worse) they keep the Humours in a perpetual Fermentation, as Barm communicates its fermentative Force to the Liquors with which it is mixt. Wherefore in this case a Diet-drink must be prepar'd of such Ingredients as are least unacceptable to the Patient ; by the use of which the Appetite will be augmented, and render'd more natural, than when the Patient drank fermenting Liquors. And the infirm Person that makes use of such a Diet-drink for ordinary Drink, may use a greater freedom in all other Respects than those that drink Beer or Wine; for the Errors of Diet (which scarce any Man can avoid falling into) are by this means in some measure corrected and aton'd for. And above all, such a Diet-drink prevents the breeding of the Stone in the Kidneys, which is almost an inseparable Companion of the *Gout* : For, all sharp and thin Liquors do not only stir the Stone that is already form'd, but contribute also to the generation of it. Note, That the Diet-drink must not be made too strong, for otherwise it will kindle the Humours more dangerously than Wine it self ; nor must it be prepar'd too watry, lest it should

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should destroy all the natural Functions by its excessive Coldness. I usually recommend the following Liquor for its pleasant Colour and Taste. Take of Sarsaparilla Roots six ounces, Saffras and China Wood, and Shavings of Hartshorn of each two ounces, Liquorice one ounce; let them boil in two Gallons of Spring-water for half an hour, and afterwards stand 12 hours in a close-stop'd Vessel on hot Ashes; then boil them again till a third part of the Water be consumed. Assoon as you remove the Liquor from the Fire, infuse in it half an ounce of Anise-seeds: After it hath stood two hours strain it, and let it stand till the thick part fall to the bottom; then pour off the clear Liquor, which must be kept in Glass-bottles well stop'd, for use.

The most convenient Season to begin to use this Diet-drink, is immediately after the Patient's Recovery from a Paroxysm; and he must persist in the Use of the same ever after, both in the Fits, and Intervals between them. At the same time let him begin to take the fore-mention'd Electuary, and use it in like manner constantly, as well during the time of the Fit as out of it. The Heat of this Medicine will correct the Watriness of the Liquor, and imparts a due measure of Warmth to the Blood and Entrails, without raising such Tumults as are wont to be occasion'd by the Heat of fermenting Liquors.

If any Person shall object against the Severity of this Regimen, and pretends that it deprives a Man of the Pleasures of Life; I shall only desire him to consider, whether it be more tolerable to be daily rack'd with the cruel Torments of an inveterate Gout, than to be confin'd to

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the use of a Drink. And besides that the Patient who observes this course, may take more liberty in eating what he pleases that otherwise must be allow'd him; 'tis certain that this (as all things else) will be render'd easy and pleasant by Custom. In a word, none but a *Two-legg'd Beast*, that hath experimented the fury of the Disease, will spend much time in deliberating what course to take on this occasion.

But after all, if the Infirm Person, either by reason of his having been long and much addicted to intoxicating Liquors, or because of Age, or Weakness, cannot digest this Nourishment without the assistance of Wine, or some other fermented Liquor; 'tis not safe to deprive him of them suddenly, which Error hath prov'd fatal to many. Let such a Person therefore, either wholly abstain from drinking the decoction for a Diet-drink; or if he resolves to use it, let him accustom himself to it by degrees, and continue for some time to drink a Draught of Wine at Meals, rather as a Remedy than as a part of his Diet, till use shall have render'd the Decoction more familiar to him. In these cases *Spanish Wine* is to be prefer'd before either *Rhenish* or *French Wines*; which last are indeed very acceptable to the Stomach, but they are apt to exasperate the humours, and to augment the morbidick Matter.

There is also another thing, which, tho' it be commonly neglected, is yet of greater moment, both as to the digestion of the matter in the Paroxysm, and the hindring of its encrease at other times; namely, that the Patient go to Bed sometimes, especially in the Winter. For next to
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Bleeding and Purgation, nothing weakens a Man so much as Night-watching; as every sickly Person will testify from his own Experience, that hath seriously observ'd, how chearful and vigorous he is wont to rise, when he goes early to Bed; and on the other hand, how languid and feeble he usually finds himself in the Morning, after he hath late up late at Night. And tho' it may seem to be the same thing, whether a Man go to bed sooner or later, provided that he spend the same number of hours in sleeping; for example, whether he go to bed at Nine a Clock, and rise at Five; or go to bed at Eleven, and rise at Seven; yet certainly there is a great difference in the effects, and that chiefly (in my Judgment) for this reason. In the day time the Spirits are dissipated by Exercises both of the Body and Mind, and in sickly Persons they are so infirm and weak, that they require a more early supply from sleep in the Evening; and whereas at the approach of Night, the Oeconomy of the Body is somewhat relax'd, which in the Day-time had been enervated by the influence of the Sun; 'tis requisite that the Heat of the Bed, especially in the Winter, should supply the Sun's place. And in the Morning the Spirits being refresh'd and enliven'd, both by the Repose of the Body during the Night, and by the warmth of the Bed, besides that the next day, as it advances, adds fresh Vigor and Firmness to the contexture of the Body, the subtracting of one or two hours from the usual time of sleeping in the Morning, doth not make so deep a Wound in Nature, as when one watches an hour or two too late at Night.

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Wherefore let all those that are obnoxious to the Gout, be perswaded to go to bed betimes every Night, especially in the Winter, and to rise early in the Morning, even tho they have not slept long enough in the Night: For the longer one sleeps in the Morning, the less he sleeps the succeeding Night; thus the wise Order of Nature is inverted, and the Day turn'd to Night.

Moreover, the infirm Person must by all means endeavour to enjoy a perfect *Tranquillity of Mind*: For disorderly Passions, when once they are suffer'd to break loose, are very apt to dissolve the Contexture of the Spirits, which are the Instruments of Digestion. And the same Inconvenience is also occasion'd by an excessive Application of the Mind to Study, and serious Contemplations. For seeing this Disease, beyond all others, is usually accompany'd with that which is commonly call'd *Melancholy*; they that are obnoxious to it, are wont to spend and dissipate the Spirits by long and earnest Thinking, even without the artificial help of Reading, as if they purposely intended to break and destroy the whole Oeconomy of the Body. And for this Reason I am perswaded that Fools are rarely troubled with the *Gout*.

There is nothing that contributes so effectually to the Digestion of the Humours, and to the strengthening of the Blood and Parts of the Body, as *Exercise*. But 'tis to be observ'd, as I hinted before, that since 'tis necessary in this, even more than in any other Chronical Disease, to alter the whole Habit of the Body; the Patient must exercise his Body daily and constantly. For those Exercises that are sometimes intermitted,

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termitted, and after a while resum'd, are not only unable to change the Habit of the Body, after it hath been enervated and render'd languid by Ease and Sloth: But they may even prove hurtful, and hasten the Return of the Paroxysm. Moreover, these Exercises must not be too violent, but such as are proper for aged Persons, who are most commonly troubled with the Gout: For the Spirits are too much dissipated by vehement Motions of the Body, and consequently Concoction is weakned, which on the other hand is corroborated by moderate and constant Exercise. And how hard soever this may appear to one who, besides Old-age, and the Unfitness of his Body for Motion, and that Laziness which seems to be a natural Effect of this Distemper, is also tormented with Pain; yet 'tis certain that all other Remedies will be ineffectual without Exercise. For if that be intermitted, the Intervals between the Fits will be short, and the Patient will be more obnoxious to the Stone, which is both a more dangerous and cruel Disease than the Gout.

To these may be added another very weighty Consideration, namely, that by long Rest the *Chalk-like Matter* will be exceedingly augmented in the Joints, especially of the Fingers: Which Inconvenience may be effectually prevented by daily Exercise; the morbid Matter, which is naturally inclin'd to fix in some Member, being dissipated over all the Body. And I have found by Experience, that long and daily Exercise doth not only prevent the breeding of these Excrescencies, but likewise dissolves even such of them as are old and hardned, if they have

have not yet proceeded so far as to change the outward Skin to a Substance like to themselves.

Among the various kinds of Exercise, *Riding* is absolutely the best, if the use of it be not hinder'd by Age or the Stone. And I have often thought, that if any Person was Master of a Medicine, as effectual for the Cure of this, and most other Chronical Diseases, as daily and constant Riding is, and would conceal it, he might easily heap up immense Riches. But if the Patient cannot conveniently ride on Horseback, he must accustom himself to ride often in a Coach.

Observe also, that 'tis better to use exercise in a healthful Air than otherwise: for example; in the Country, rather than in a Town, where the Air is stuff'd with Vapours that exhale from Tradesmens Shops, and pent in by the Multitude and Contiguonsness of the Houses, as at *London*, which, as far as we have any certain knowledge, is the biggest City in the whole World. And how much better 'tis to exercise the Body in the Country than in a City, any Gouty Person may quickly make the Experiment.

As for *Venereal Pleasures*, when the Patient is both old and infirm, 'tis no less madness for him to indulge himself in these Delights; than for one, who is ready to take a long Journey, to consume his whole stock of Provisions before he set out. For being already destitute of a sufficient quantity of Spirits to carry on Digestion, and the Joints and other adjacent parts of the Body being very loose and weak, he is utterly unable to bear so destructive and wasting an Exercise. And so much for *Diet and Regimen*.

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But tho' a strict and careful Observance of these Rules may free the Patient from suffering the cruellest Torments of the Gout, and likewise exempt him from that multitude of miseries, which make the Disease not only intolerable, but at last also fatal; yet all his Care will not be able to protect him from the insults of this Distemper, after certain intervals, especially about the end of Winter.

'Tis plain from what hath been already said, that the Cure of this Disease must be perform'd by an entire Alteration of the Habit of the Body and reduction of it to its former Constitution, as far as the Patients Age, and other circumstances of the Distemper will permit; which must be attempted in the Intervals between the Fits. For when the morbid matter is not only generated, but already expell'd to the Joints, 'tis too late to endeavour either to alter it, or to thrust it forth by other ways; since Nature has already begun to expel it, to whose management the Work must be committed. And 'tis for this very reason, that in the Cure of intermitting Fevers, we do not begin to administer Remedies till the Heat of the Fit be over. It would be in vain to labour to remove the Heat, Thirst, Unquietness, and other Symptoms of a Fever, while the Fit continues: And 'twould be no less absurd for one to pretend that he is curing the Gout, when he can only endeavour to remove its Symptoms; yea, by so doing, he hinders and retards, in some measure, the Cure of the Disease. For, by mitigating the Pain, he resists the Concoction of the Humours; and by preventing Lameness, hinders the expulsion

sion of the Morbifick Matter. Besides, the more the Fury of the Paroxysm is abated, the longer it will continue to torment the Patient, who must also expect a shorter Interval of Ease, and less free from the Symptoms of his Distemper. Which will not be deny'd by one that has read and seriously consider'd what has been said in *the History of the Disease.*

But, tho' nothing of moment must be attempted during the Paroxysm, unless to obviate those Symptoms that are sometimes occasion'd by a wrong Method of Cure; yet since this Disease is generally acknowledg'd to proceed from the Redundancy of Humors in the Body, it will perhaps be convenient for the Patient to abstain from Flesh for some days after the beginning of the Paroxysm, and instead of that to content himself with Oat-Gruel, and the like simple Nourishment: for such a thin Diet is very proper to lessen the Morbifick Matter, and to give Nature opportunity to digest it. But since the Constitutions of some Bodies differ extremely from those of others, there being some who are not able to endure an Abstinence from Flesh without falling into disorderly Motions of the Spirits, Swoonings, and other Symptoms that usually happen to Hysterical Women; such Persons must not be advis'd to abstain from Flesh any longer than the aversness of the Stomach from it continues, which ordinarily reacheth not beyond the first or second day of those particular Paroxysms of which the Great Fit is compounded, as I intimated before. But whether the Patient return sooner or later to the use of Flesh, he must be very careful to eat no

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more than is barely necessary for the sustenance of Nature; nor must he be less cautious about the quality of the Aliments that he makes use of. And in general he must observe with great care and exactness all those Rules that are particularly insisted on above. And tho' the Pain and Unweildiness of the Limbs seem to forbid the using of those Exercises that I recommended so earnestly, yet they must by no means be omitted; for tho' it may seem impossible to the Patient, at the beginning of the Paroxysm, to endure the Motion of a Coach, or even to be carried to it, yet if he will be persuaded to make the Experiment, he will quickly find more Ease by such a Motion than by sitting in a Chair: And if he will spend some Hours on that Exercise, both in the Morning and Afternoon, he shall have the Advantage of being exempted from the sense of Pain by Sleep, for a great part of the Night; whereas they who sit at home all the Day, are forc'd to pass the Night almost without Sleep. Besides, the *Stone* is prevented by Exercise, the breeding of which is usually occasion'd by a slothful and sedentary Life. And above all, a constant Perseverance in the use of bodily Exercise doth effectually obviate that impotency of the Joints, which happens frequently after one or two long Paroxysms, by the contraction of the Tendons of the Hands or Heels: for they who will not stir so long as the vehement Pain continues, and especially are afraid to extend their Legs when the Pain possesses their Knees, remain ever after depriv'd of the use of their Legs and Arms, both during the Intermission, and in the Paroxysms, with which they are still,

still from time to time tormented. After all 'tis certain, that in those aged Persons, whose Concoctions are extreemly vitiated, and the Substance of their Bodies, after a long course of Misery, in a mannerturn'd to Gout, the Disease can never be brought to digestion without exercise. For Nature being foil'd by her powerful Enemy, sinks under the Sickness and Languidness, which is caused by the Redundancy of the Morbific Matter which she cannot concoct and assimilate, by which the Patient is at last poison'd and dies.

Yet, notwithstanding of all that has been said concerning the Usefulness of Exercise in the Paroxysms of the Gout; when by reason of the over-bearing Violence of the Distemper, the Patient is knock'd down at the very first insult of the Fit: as it usually happens when the Gout is at the height, and has not yet been mitigated by a long course of Years: It will be convenient for the infirm Person who is thus confin'd to his Chamber to keep his Bed till the Vehemency of the Pain be abated. For the Bed will in some measure supply the want of Exercise, and the continual lying in it will more powerfully digest the Morbific Matter in a few days, than otherwise it could have been concocted in a much longer time, especially at the beginning of the Disease; if the Patient, without falling into Swoonings and other dangerous Symptoms, can abstain from Flesh, and content himself with Oat-gruel, Small-beer, and the like: But I must not forget to take notice, that if the Disease be inveterate, and accompanied with Swoonings, Gripings of the Guts, Looseness, and such like

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Symptoms unless the Air. The Patient ought to be taken out of the Chamber, and have exercise, the greatest only to shut him in instead of exercise and above, he should not end Patient long as practicable is secure. Now, if the Patient is in danger of a Paroxysm, it is the best way to keep him in bed, and proceed with the Gout on the other side, and endeavor to apply the Remedy to the Disposition.

Symptoms, the Patient can hardly escape death, unless by using Exercise in the free and open Air. This is a very important Reflexion, and ought to be heedfully observ'd; for many Gouty Persons are kill'd by those Symptoms, that are occasion'd by their being imprison'd in their Chambers, and especially in their Beds; who might have prolong'd their Lives if they would have endur'd the trouble of Riding in a Coach the greatest part of the day. For tho one that is only tormented with a pain in his Limbs, may shut himself up in his Chamber; yet if a Man instead of Violent Pain be troubled with sickness and other symptoms that are mention'd above, he cannot confine himself to a Room without endangering his Life. And 'tis well for the Patient, that Exercise is not very necessary, so long as the Vehemency of the Pain makes it impracticable: since the Life of the infirm Person is secur'd by that bitter Remedy of Nature.

Now as for those Symptoms that are wont to endanger the Patients Life, in the time of the Paroxysm; that which occurs most frequently is the Weakness and Languidness of the Stomach, with Gripings of the Guts that seem to proceed from Wind: which happens to those who have either been afflicted many years with the Gout, or have brought these Symptoms upon themselves by a sudden change of spirituous Liquors for such as are thin and cooling; or by endeavouring to allay the Pain by the external application of *Repelling Plaisters*, and other cooling Remedies, by which the material cause of the Distemper, which should have been deposited on the Joints, is driven inward upon the

the Entrails. I have made trial of many Remedies in the latter Paroxysms of this Distemper, to mitigate this Symptom; but I never found any thing so effectual as repeated Draughts of *Canary-Wine*, which far exceeds not only *Claret*, but even *Treacle of Andromachus*, and all the Medicines that I know. But neither this Wine, nor all the Cordials in the World, are sufficient to preserve the Patient unless help'd by Exercise.

But if some grievous Symptom, occasion'd by the Regress of the morbid Matter, should threaten the Patient with sudden Death, we must neither rely upon the use of *Canary Wine*, nor *Exercise*; but in such a case, if the Head be free, and only the natural and vital Parts affected, we must instantly have recourse to *Laudanum*, exhibiting 20 drops of *Liquid Laudanum* in a Draught of *Plague-water*, after which the Patient must compose himself to rest in his Bed.

If the morbid Matter, not being expell'd to the Joints, should cause a *Diarrhæa*, not as the *Crisis* of a particular Paroxysm; and if the Looseness should continue notwithstanding the use of *Laudanum* and *Exercise*, which latter must never be omitted in this case, and if it be attended with Sickness, Griping of the Guts, and other Symptoms; the only Remedy that I know is to procure *Sweating* by the usual Method and Medicines. This must be done Morning and Evening for two or three days, and the *Sweating* continued two or three hours; after which time the Looseness usually ceaseth, and the morbid Matter falls thundering on the Joints with extraordinary Violence. By this Method I sav'd my own Life some years ago, after I had imprudently

ently brought this dangerous Symptom upon myself, by making use of cold Water for ordinary Drink, and had in vain try'd several cor-
dial and astringent Remedies.

I have also sometimes observ'd another Symptom, though it does not occur very frequently, which is the Translation of the peccant Matter to the Lobes of the Lungs. This happens in the Winter, when the Patient is seiz'd with a Cough, by which the Matter is by degrees drawn to those Parts; the Joints in the mean time being not at all, or very little, troubled either with Pain or Swelling. This is the only case in which the Cure is to be carried on without regard to the Gout it self; for this Symptom must be treated as a proper *Peripneumonia*, viz. by frequent Bleeding, and a cooling and thickning Diet and Medicines; the Blood in this case resembling perfectly that of pleuritic Persons. Besides, the Patient must be urg'd between the times of Bleeding with *Leucative Potions*, by which the Matter that is lodg'd in the Lungs may be evacuated. But the pro-
voking of *Sweat*, how effectually soever it expels the offending Matter to the Joints, is in this case not only useless, but hurtful, by hardning the Matter in the Lungs, which generates little Abscesses, and inevitably kills the Patient.

Moreover, 'tis to be observ'd, that almost all Gouty Persons, after a long Conflict with this Distemper, are at length render'd obnoxious to the *Stone in the Kidneys*, and are usually troubled with a Fit of that Disease, about the heighth, but more frequently in the declension, of the general Paroxysm of the Gout; by which they
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are not only grievously tormented, but also their Strength already broken by the Gout, is much wasted and cast down. In this case, neglecting all other Remedies, let the Patient speedily drink a Gallon of *Possét* in which two ounces of the *Roots of Marshmallows* have been boil'd, and let the following *Clyster* be injected. *Take of the Roots of Marshmallows and Lillies of each one ounce; Leaves of Pellitory of the Wall, Mallows Brank-ursine, and Camomil Flowers, of each one handful, Linseed and Fenugreek-seed of each half an ounce, boil them in a sufficient quantity of Water to a Pint and an half; dissolve in the straining Kitchen Sugar and Syrup of Marshmallows, of each two ounces; mix and make a Clyster.* As soon as the Patient has vomited up the *Possét*, and voided the *Clyster*, let him take a large Dose of *Liquid Laudanum*, viz. about 25 Drops, or 15 Grains of *Matthew's Pills*.

If any Person desire to be inform'd concerning the *External Remedies* that are proper to assuage the Pains of the Gout, I can only answer him, that tho' I have made a great number of Experiments to this purpose, both in myself and others, I know none that are effectual but merely *Cooling* and *Repelling* Medicines, which nevertheless cannot be made-use of without danger, as I have already intimated. And I dare boldly affirm, that the greatest part of those who are thought to die of the Gout, are kill'd rather by the preposterous and undue use of Remedies, than by the Violence of the Distemper. But if any Man resolve to try the Efficacy of those *External Remedies* that are reckon'd infallible *Anodynes*, or Asswagers of Pain, let him not deceive himself, by applying them in the De-

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elusion of a particular Paroxysm, about which
 time the Pain ceases of its own accord; but ra-
 ther let him use them at the beginning of the
 Paroxysm, and he will quickly perceive the vani-
 ty of his Hopes, and the unprofitableness of the
 Remedy; for such applications are sometimes
 hurtful, but never useful. And therefore I have
 abstained from the use of External Remedies for
 several years. Of all those that I made use of for-
 merly I receiv'd most benefit from a *Pultis* made
 of *White bread and Saffron boil'd in Milk*, to which
 I added afterwards a little *Oil of Roses*; but
 even that also fail'd as often as 'twas applied in
 the beginning of a Paroxysm. Wherefore if the
 Pain be very violent, let the Patient continue
 in his Bed, till it be somewhat abated: but if
 it be altogether intolerable, he may take a little
Laudanum at night, which otherwise may be
 better omitted.

But now that I am treating of *External Reme-
 dies*, I must not forget to add something concern-
 ing that *Indian Moss*, call'd *Moxa*, which of
 late is much renown'd for the Cure of this
 Disease; the affected Member being slightly
 burnt, by placing the kindled *Moxa* upon it. This
 Remedy is generally believ'd to have come from
 the *East-Indies*, and to have been formerly ut-
 terly unknown to the *Europeans*; yet that Opi-
 nion will be found to be false, if we examine
 what *Hippocrates* wrote two thousand years ago.
 In that most Excellent Book of his *de Affectioni-
 bus*, in the fifth Section of his Works, speaking
 of the *Sciatica*, he has these Words, *But if the
 Pain shall fix firmly in any one part, and will not
 yield to Medicines, whatsoever part the pain possesses*
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let it be burnt with raw Flax. And a little lower
 If the Pain continue in the Fingers, burn the Vein
 in the Finger with raw Flax a little above the
 Joint. I hope none will pretend that there
 is such a specific difference between the Flame that
 comes from kindl'd Flax, and that which comes
 from the Indian Moss, that the latter should be
 more effectual for the cure of the Gout than the
 former; no more than a Fire made of Bille
 of Oak can be said to excel that which is made
 of the Wood of an Ash-Tree. This Burning of
 the affected part doth indeed promise, and the
 sometimes effect some Mitigation of the pain,
 drawing out the thinnest and most spirituous
 part of the morbid matter that is already lodged
 in the Joints. But the ease that proceeds from
 the use of this Remedy, must needs be short and
 fleeting, since it doth not in the least touch the
 indigestion, which is the Antecedent cause of the
 Disease. And I need not put the Reader in
 mind, that it takes place only in a beginning
 of the Gout: for when either by the long continuance
 of the Disease, or by the preposterous and undue
 use of Medicines, the Gout, as it sometimes
 happens, seizes upon the Internal Parts, and the
 Patient is troubled with Sickness, Gripings
 of the Guts, and a numerous Train of such like
 symptoms, more than with pain; no wise Person
 will pretend that Burning can be useful.

Thus have I communicated all that I know
 concerning the Cure of this Distemper. If it be
 objected, that there are Specific Remedies for the
 Gout, I shall ingenuously acknowledge my igno-
 rance of them; and I'm afraid that these Boasters
 will be found to be as ignorant as my self. T

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much to be lamented that the most noble *Art of Physic* should be so foully contaminated with those vain Trifles that are impos'd upon credulous People, either by the Ignorance or Knavery of Writers: for there is hardly any Disease in which something of this kind is not extravagantly commended by some confident Impostor.

To come at last to a Conclusion, the method that I have here deliver'd, is founded upon the examination of the *Phænomena* that attend the Distemper; and by it I have receiv'd ease myself, and have given ease to others. As for the Radical and absolute Cure of the Gout, by which a Man might be freed even from a disposition to that Disease; 'tis still a secret, and lies hid in the undiscover'd Recesses of Nature. Yet I hope that in this Discourse I have contributed somewhat to the Benefit of Mankind, by pointing faithfully to those Rocks, on which so many Men, and I among the rest, have suffer'd Shipwreck; and by laying down the best Method that is yet known, I will not pretend to greater performances; tho' from a long *Series* of thoughts, which I have been in a manner forc'd to bestow on this Subject, I'm inclin'd to believe, that such a Remedy shall at one time or other be found out. Which discovery, if ever it shall be made, will expose the ignorance of the *Dogmatic* Tribe of Physicians, and make it appear how notoriously they have been deceiv'd both in their Judgments of the Nature of Diseases, and in the choice of proper Remedies. Of this we have a remarkable Instance in the Discovery of that great specific for Intermittent Fevers, the *Peruvian Bark*. For how many Ages had the wisest and

most industrious Men been employ'd in searching after the causes of those Fevers, and in establishing Methods of Cure adapted to the several Theories. But how well those Theories were confirm'd by the success of the practice. Methods that were founded upon them, may be learn'd from those late Practitioners, who attributing the several kinds of intermitting Fevers to the Redundancy of various Humours in the Body, plac'd the Cure in the Alteration and Evacuation of those Humours. And to discredit these *Hypotheses*, it will be sufficient to consider the unsuccessfulness of their Authors, and the happy Effects of the *Peruvian Bark*, by the help of which we obtain what we desire, without regarding those Humours, or much as prescribing a Diet; and seldom or never miss of our aim, unless by confining the sick Person, without any necessity, to his Bed, during the use of the *Powder*. Yea so great is the Vertue and Efficacy of that Remedy, that notwithstanding the inconvenience of the Fever being heighten'd by the heat of the Bed, it rarely fails to cure the Patient. In the mean time till the Discovery of the *Radical Cure* of the *Gout* shall be made, which all Physicians, and I especially am bound to wish for. I desire that my Endeavours may receive a favourable Treatment from the Public. If it shall happen otherwise I am so well acquainted with the Humours of Mankind, that I shall not be much disappointed; and the sense that I have of my Duty will keep me from being dishearten'd.

III. Concerning the Hysterical and Hypochondriacal Distempers.

NO Chronical Disease occurs so frequently as the *Hysterical Passion*: For, if my Calculation may be credited, as Fevers with their Attendants make two third parts of that vast Army of Diseases, which exercises a perpetual and unrelenting Hostility against afflicted Mankind; so those Distempers that are call'd *Hysterical* amount to one half of the other third part of Diseases which comprehends all those that are call'd *Chronical*. For besides, that there are very few Women that enjoy a perfect freedom from *Hysterical* Distempers, excepting only those that are accusom'd to hard Labour: 'Tis also plain that several Men who lead a sedentary Life, and grow pale over Books, are obnoxious to the insults of these Diseases. And tho' the Antients unanimously attribute the whole train of *Hysterical* Symptoms to the Womb; yet if we compare them with those Distempers which are commonly call'd *Hypochondriacal*, and said to proceed from obstructions in the Spleen, and I know not what other Entrails, we shall find that one Egg does not more nearly resemble another, than the Symptoms of those Diseases are mutually like to one another. It must indeed be acknowledged that Women are more frequently troubled with these Distempers than Men; but they have no reason to blame the Womb for that misfortune;

fortune; which proceeds from other Causes that shall be afterwards mention'd.

The Frequency and Commonness of this Disease is not more remarkable, than that prodigious variety of its Symptoms, by which it imitates almost all the Distempers that wretched Mortals are plagu'd with. For whatsoever part of the Body is affected by it, the Symptoms that are peculiar to that part are immediately produc'd. And if the Physician be not endu'd with a large stock of sagacity, as well as of skill in his Art, he may be easily deceiv'd, in imagining that to be a Symptom of some essential Disease in the part that appears to be affected, which is only an effect of the Hysterical Passion.

Thus when the Disease exerciseth its fury in the Head, it produces an *Apoplexy*, which ends in a *Hemiplegia*, or Resolution of one half of the Body, and perfectly resembles that sort of Apoplexy, which infects aged and corpulent Persons, tho' it seems to proceed from a different Cause. For, whereas in other Persons it is occasion'd by Phlegm or Pituitous Humours stagnating in the *Cortex* of the Brain, and intercepting the passage of the Animal Spirits in Hysterical Women, whom it frequently assaults immediately after the birth of a Child, and the voiding of a great quantity of Blood, it is caus'd either by hard labour in travelling, or by some vehement Commotion of the Mind.

At other times it produces dreadful *Convulsions*, resembling the *Epilepsy*, the Belly and Entrails swelling upwards toward the Throat, accompanied with such violent strugglings, that even Women of a very moderate degree of strength can

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can hardly be master'd by the utmost endeavours of the Bystanders; the Patient, in the mean time, shrieking and bellowing, and beating her Breasts. Those that are obnoxious to this *Species* of the Hysterical Passion, which is commonly call'd the *Suffocation of the Matrix*, are for the most part of a more than ordinary sanguine Constitution, and Masculine habit of Body,

Sometimes the Distemper seizes on the *External part of the Head* between the *Pericranium* and Skull, causing an almost intolerable pain, which remains fixt in one place, not exceeding the breadth of ones Thumb, and is accompanied with prodigious Vomiting. This is that which I call the *Hysterical Clavus*, and it chiefly infects those that are troubl'd with the *Green Sickness*.

Sometimes the force of this Disease falling on the *Vital Parts*, occasions such a violent *Palpitation of the Heart*, that the Patient is firmly perswaded that the noise which her Heart makes by knocking against her Ribs must be heard by all those that are about her. This kind of the Hysterical Passion usually assaults Women of an infirm Constitution and thin Habit of Body, and Virgins that are troubl'd with the *White-Fever*.

Sometimes it possesses the Lungs, in which case the Patient coughs almost without ceasing, and raises nothing. 'Tis true that sort of Cough which is call'd Convulsive is more Violent, but the Explosions, in this, are much more frequent. This sort of *Hysterical Cough* is very rare, and chiefly invades *Flegmatic Women*.

Sometimes the Tragedy is acted in the Gut call'd *Colon*, and in the parts under the *Hollow of*

the Breast. The Patient is seiz'd with an intolerable pain, not unlike to the *Iliac Passion*, accompanied with immoderate Vomiting; the matter that is cast up is green, resembling that sort of choler which takes its Name from *Leeks*, or of some other unusual colour. And it happens frequently, that after the wretched Patient has for several days suffer'd such violent Torments, as were enough to baffle the insensibility of a very *Storc*, besides a continual desire to vomit; the Paroxysm is at last terminated in a deep *Jaundice*, the whole surface of the Body being ting'd of a *Saffron* Colour. In the mean time the miserable Creature will not admit of the least hope of Recovery: and I have observ'd, that this despondency of mind, or rather *Despair*, is as constant an attendant of this *Species* of the *Hysterical Passion*, as either the Pain, or Vomiting. To be thus cruelly tormented falls commonly to the Lot of such as have a loose and raw Habit of Body, or have brought forth Children of a remarkable bigness, to the Prejudice and Impairment of the Natural Principles of Life.

Sometimes the Disease attacks one of the *Kidneys*, causing a most fierce pain, and imitating a *Fit of the Stone*, not only in the nature and place of the pain, but also in its being attended with dreadful Vomiting, and even sometimes the pain stretches along the passage of the *Ureters*. So that 'tis very hard, to distinguish, whether those Symptoms be occasion'd by a Stone lurking in the Kidneys, or are only the effects of the *Hysterical Passion*; unless we be taught to conclude the latter by the Relation of the Patients
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having been disorder'd by some afflicting Accident a little before the Disease began to appear, or by its being accompanied with the vomiting of green matter: nor is the *Bladder* exempted from the assaults of this fallacious Distemper, which causes not only a pain in that part, but even a suppression of Urine, when the Passages are not in the least obstructed by a Stone. This kind of *Hysterical* Distemper is indeed very rare; but that which affects the Kidneys happens more frequently. Both sorts are wont to molest those Women whose strength has been already much wasted by repeated *Hysterical* Paroxysms, and the Health of their Bodies broken and decay'd.

When the Disease falls upon the *Stomach* or *Intestines*, the Patient is troubled with continual *Vomiting* or with a *Diarrhæa*. Either of these Symptoms is attended with pain, but they are both very often accompany'd with that vomiting of Green matter mention'd before: infesting chiefly those that have been weaken'd by frequent Paroxysms.

Sometimes also the *External* parts of the Body, and the Musculous Flesh are affected; and the Disease seizing on the *Jaws*, *Shoulders*, *Hands* or *Legs*, produces sometimes Pain and sometimes Tumours. The swelling of the Legs is most remarkable, and may be easily distinguish'd from a Dropsy, by the absence of these two Signs which are always observable in Hydropical Swellings, viz. the Encrease of the Tumour at night, and the lasting Impression that is made by thrusting ones Finger against the swoln Part. Besides when the swelling depends upon the Hy-

ferical Passion, it commonly possesses but one of the Legs: In all other respects, this Symptom doth exactly resemble the Dropsy.

The very *Teeth* (which is hardly credible) cannot escape the Fury of this Distemper; and even when there is not the least Hollowness in them, nor Defluxion of any Humour, yet the Pain is as violent and obstinate as that which proceeds from an evident Cause. These Pains and Swellings are usually observ'd to seize on those miserable Women, who can hardly be said to enjoy that small pittance of Life and vigour that the Disease has left to them, by reason of the Frequency and Violence of the Paroxysms.

But among all the tormenting Symptoms of this Distemper, there is none that attends it more constantly than a *Pain in the Back*, which is its inseparable Companion. And one Common effect of all those foremention'd pains is, that they leave such a tenderness in what ever part of the Body they possess, as if it had been beaten with a Rod, insomuch that the Patient cannot endure to be touch'd; but the soreness insensibly vanishes.

And it is very worthy of our observation, that all these Symptoms are not unfrequently usher'd in by a remarkable *Coldness of the Extremities of the Body*, which for the most part lasts as long as the Paroxysm. And I have several times found this Coldness to be little less intense than that of a dead Carcass, tho' the Pulse in the mean time continu'd to beat regularly.

I have also observ'd in almost all the *Hysterical* Women who committed themselves to my care, that they complain'd of a certain *Failing*

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or (to use their own Phrase) *Sinking of their Spirits*, which they felt about the Region of the Lungs.

'Tis a common observation concerning those Women that are subject to this Distemper, that they are wont to burst out into immoderate *Laughter*, or *Tears*, without any manifest cause.

But the most peculiar and almost inseparable Symptom of this Disease, is the clearness of the *Urine* which from time to time the Patients void in great abundance. And I have learn'd by particular Enquiries, that this is the distinguishing sign of those Distempers which in Males we call *Hypochondriacal* and in Women *Hysterical* Diseases. I have also observ'd some Instances of Men, who having voided *Urine* of a Citron colour, and their mind happening to be agitated by some violent Commotions, did instantly, and almost the very next moment emit a great quantity of *Urine* not inferior to *Crystal* in clearness, continuing indispos'd till their *Urine* resum'd its former Colour at the end of the Paroxysm.

Besides; when these Distempers are of long standing, both *Hypochondriacal* and *Hysterical* Persons are troubl'd with stinking Wind arising from the Stomach after Meals, tho' they have eaten but moderately and suitably to their Appetites: And now and then, they bring up something that is *Sowre* like Vineger.

Nor doth their Unhappiness only consist in the ruinous and tottering condition of their Bodies. For *Despair*, that incurable Distemper of their minds, possesses them so absolutely, that they cannot endure the least Insinuation to be made of the Possibility of their Recovery. They
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fancy themselves to be obnoxious to all the miseries that are incident to Humane nature, and torment themselves with dismal presages of the most calamitous Events. They yield themselves up a Prey to the most tyrannizing Passions, such as Anger, Jealousy, Suspicion, &c. and harbour those cruel Destroyers of their Repose in their restless Breast. They are Strangers and even Enemies to Joy, Hope, and Gladness. Those chearful Guests are very rarely admitted, and never long entertain'd by them; yet their minds are no less disturb'd by these, than by the blacker Train of Passions. They observe not Mediocrity in any thing, and are constant only in Irresolution. Now they love one to excess, and instantly they hate the same person as immoderately. They resolve in one instant to execute some design, and in the next, they make another (and perhaps contrary) Resolution. That which the *Roman Orator* says of superstitious Persons may be fitly applied to these Melancholic Creatures. *Sleep seems to be the Refuge of distressed and anxious Wretches; but it fills these with Cares and Fears.* They dream of nothing but Sepulchres, and of the Ghosts of their dead Friends. Thus they are tormented in Body and Mind; and their whole Life seems to be a kind of Purgatory for the Expiation of some grievous Crime committed in a former state. Nor doth this happen only to Mad and Furious Persons, but even to such who in all other respects are prudent and judicious, and in the Profoundness of Contemplation and Wisdom of Speech, far exceed those whose minds have not been inur'd to Thoughtfulness. So that *Aristotle* had reason

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to maintain, that the most ingenious Men are subject to Melancholy.

But this Description of so deplorable a Condition of Mind, agrees only to those who after a long Combat with the Disease, are at last vanquish'd by it; especially when a *Series* of unlucky Events, Grief, Care, earnest Application of the Mind to Study, &c. continue to throw fresh Oil upon the Flames.

The *External Causes* of this Disease, are either violent Motion of the Body, or more frequently, vehement Agitations of the Mind by the Assaults of Grief, Anger, Fear, and such like Passions. And therefore when my Advice is demanded by a Woman, concerning a Disease whose Nature I cannot discover by the Assistance of the vulgar Axioms, I observe always to enquire carefully, whether her Distemper is not exasperated as often as her Mind is disturb'd by Passions; and if she return an Affirmative Answer, I am abundantly satisfy'd that her Disease belongs to that set of Distempers, which are the Subject of my present Discourse, especially if that Sign be confirm'd by the other which I formerly mentioned, *viz.* the voiding of large quantities of Urine at certain times. To these Commotions of the Mind, which are the most usual Antecedent Causes of this Distemper, I may add the Emptiness of the Stomach after a long Fasting, immoderate Evacuations of the Humours or Blood, the violent Operation of too powerful Medicines, &c.

Having finish'd the *Description*, I shall in the next place consider *the Internal Efficient Cause* of this Classis of Diseases, which according as they

they affect Men or Women, are call'd either *Hypochondriacal* or *Hysterical*. And after a strict Examination of all the various Symptoms and Circumstances with which they are attended, I am persuaded that they proceed from the irregular Motions of the Animal Spirits, which rushing violently, and in great Bands, upon the Parts that are endu'd with a quick Sense, produce Convulsions and Pain ; and at the same time the Functions of the Organs of the Body are perverted, both of those that are over-run by the tumultuary Spirits, and those that are depriv'd of their Influence; the whole Oeconomy of Nature being disorder'd by the unequal Distribution of the Spirits.

The *Antecedent Cause* of these irregular Motions of the Spirits, consists in native or adventitious Weakness of their Contexture, on the score of which they are apt to be dissipated by every Accident, and their frame entirely broken. For as the *Outward and Visible Man* is compos'd of sensible Parts, so there is an *Internal Man*, that consists in the orderly Constitution of the Spirits, and can only be discern'd by the Light of Reason. Now this being intimately join'd and united to the Temperament of the Body, is more or less easily disturb'd and overturn'd, according to the Strength of those Principles that Nature has bestow'd upon us ; which is the reason that Women are more obnoxious to these Diseases than Men, as being endu'd with a finer and more delicate Constitution of Body than Men, who are fitted by Nature for a more laborious and active Life.

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That this is the true cause of these Distempers, I might easily evince by running over the various Symptoms and *Phænomena* that have been already describ'd ; and at the same time demonstrate, that they do not proceed either from the Corruption of the Seed, or Menstrual Blood, and the Elevation of malignant Vapours from thence to the affected Parts, or from I know not what Depravation of the Juices, or Accumulation of sharp Humours. But I shall proceed to the Cure.

'Tis evident from what has been said, that the Physician that undertakes the Cure, should make it his principal Aim to corroborate the Blood, which is the Spring and Fountain of the Spirits ; that so the Spirits being invigorated, may be preserv'd in such a Frame as is most agreeable to the Oeconomy of the whole Body, and the particular Contexture of its Parts. But since the Humours are vitiated by the long continuance of these Disorders of the Spirits, it will be convenient to lessen that corrupt Matter by Bleeding and Purging, before we proceed to the corroborating of the Blood, if the Patient be able to bear these Evacuations. For 'tis almost impossible to effectuate the main Design of invigorating the Blood, so long as the corrupt Mass of Humours remains entire to frustrate all our Attempts. But since sometimes the Patient is so cruelly tormented with Pain, Vomiting, or Looseness, that he is not able to subsist till the principal scope of the Cure be regularly pursu'd ; 'tis necessary in such a case to begin by mitigating the Symptoms with Anodyne or Composing Medicines, the Cause being for some time neglected ;
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and in the next place we must proceed to prevent the return of these Symptoms by rectifying the Spirits, the Weakness of whose Constitution is the Cause of the Disease. And since we are taught by Experience that there are various Remedies, which by a stinking Exhalation curb and repel the tumultuary Spirits, and are therefore called *Hysterical*; we must not forget to have recourse to their Assistance, during the whole progress of the Cure.

In pursuance of those Indications, I order a Vein to be open'd in the Arm, and then prescribe a purging Medicine to be taken every Morning for three or four Days. During which time the Patients are so far from receiving any benefit by those Evacuations, that new Commotions are rais'd, and they seem to be in a worse Condition than ever: And therefore I take care to forewarn them, not to be discouraged at the usual effect of their Distemper. However, 'tis certain, that those corrupt Humours must be less'n'd in some measure, before we can conveniently begin to prosecute the main design of the Cure.

After these Evacuations, I proceed to comfort and strengthen the Blood, and consequently the Spirits that are generated out of it; in order to which I prescribe the use of *Steel* to be continu'd thirty Days, than which there is not a surer Remedy for this Distemper in the World; for it enlivens the Mass of Blood, which before was languid, and quickens it with a certain volatile Ferment, by which the drooping Spirits are awaken'd, and shake off that Numness with which they were oppress'd. Nor is it always necessary, or even convenient, to premise

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Bleeding and Purging before the Use of this Remedy; for if the Patient be very weak, these may, and ought to be omitted.

The best way of giving *Steel*, is, in my opinion, to exhibit it *in Substance*; and as I never either heard or observ'd that it produc'd any ill effect, being given after that manner, so I am assur'd by Experience, that the bare Substance of *Steel* performs the Cure of this Distemper more certainly and speedily, than any of those Preparations of it that are commonly us'd. And I have heard, that even the crude Ore, as it is dug out of the Earth, doth cure Diseases more effectually, than after it hath been purify'd by the Fire. Next to *Steel in Substance*, I prefer the *Syrup* before all the other Preparations of it: Which is made by *infusing the Filings of Iron or Steel in cold Rhenish Wine, till the Wine be sufficiently impregnated, after which the strain'd Liquor must be boil'd with a convenient quantity of Sugar to the consistency of a Syrup.*

I am of opinion, that in this Disease, Cathartick Medicines obstruct the Operation of *Steel*; and therefore I cannot approve of the common Method of prescribing Purgative Medicines, to be repeated at certain Intervals, during the use of that Remedy. For seeing my principal design is to reduce the Spirits to order, and to re-establish and corroborate their Contexture, the most gentle Purgation would in *One Day*, undo all that I had been able to perform in *Eight* by the use of *Steel*. And the same Custom having also prevail'd in the use of Mineral Waters that are impregnated with Iron, I am persuaded that it makes their Operation less effectual. I

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am not ignorant that some Persons have been cured by this Method; but that is rather an argument of the great Efficacy of the Steel, than of the Prudence of their Physicians; seeing the Cure might have been perform'd more speedily without these repeated Purgations.

If it be objected, that the *Filings of Steel* may stick to the Guts, and produce ill effects, unless they be prevented by administering purgative Medicines from time to time: I answer, that I never perceiv'd those ill Consequences in any of my Patients; and I maintain further, that 'tis much more probable that the Steel being entangled in the Slime and excrementitious Humours of those Parts, should be voided at last together with these, than when 'tis agitated by Cathartics, which occasion Contractions and Gripings of the Guts; for thus the Particles of the Steel may be driven into the Coats of the Intestines.

In the mean time during the use of the Steel, we must not neglect those Remedies that are commonly call'd *Hystericals*; which must be prescrib'd after such a manner as may be most agreeable to the Patient. But 'tis to be observ'd, that those Medicines that are of a solid consistency are a great deal more effectual, and do more powerfully curb the Spirits, than such as are liquid, whether in Decoction or Infusion.

In short, for the accomplishing of all the above-mention'd Indications, I usually prescribe those few and simple Remedies; which tho' they are not pompous and magnificent, are usually effectual, and rarely fail to answer my Desires and Expectations. See the Prescriptions, Page 6.

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Sometimes the use of Chalybeat Medicines raiseth great Disturbances both in the Mind and the Body, and that not only in the beginning, but even during the whole Course. Yet the Remedy must not be instantly laid aside, but that the Patient may endure it with less trouble, it will be convenient for her to take a Dose of *Laudanum* mixt with some Hysterical Water, and repeat the same every Night, for some time.

But when the Symptoms are not so violent, as to require the taking of Steel, I usually observe this Method: After the Patient has been once let blood, and purg'd three or four times, I prescribe the Hysterical Pills, (*See Page 9.*) to be taken Morning and Evening for ten Days together. Thus I seldom fail to cure the Patient: And even the Hysterical Pills alone, without Bleeding or Purging, are often very effectual in this case.

There are some Women, who by a peculiarity of Nature, are so averse to Hysterical Remedies, that not only they receive no benefit, but are often much prejudic'd by them. We must not therefore disturb Nature by persisting in so hurtful a Method. And truly these secret Antipathies occur so frequently, and are sometimes so strong against these and many other Remedies, that the neglect of them cannot but be very dangerous. I shall only alledge one Instance to confirm what hath been said. There are some Women, who when they are sick of the Small-Pox, cannot bear the use of Syrup of *Meconium*, without being seiz'd with Vomiting, Swimming of the Head, and other Hysterical Symptoms;

Symptoms; and yet at the same time can take liquid *Laudanum* both safely and with advantage. I had occasion very lately to prescribe *Syrup of Meconium* for a certain noble Maid who was sick of the Small-Pox, which she took on the sixth and seventh Nights of her Illness, and after each Dose was troubled with the abovemention'd Symptoms, the Inflammation of the Pox being also stopt or retarded; but afterwards when she made use of *Laudanum*, she was freed from all these Symptoms, the Swelling of her Face and of the Pox was daily augmented, and that Anxiety and Unquietness both of Mind and Body, which may be call'd the Paroxysm of the Small-Pox, was entirely dispell'd by the repeated Doses of the composing Remedy.

After this manner, not only the *Hysterical Passion*, but almost all the *Obstructions of Women*, as they are usually called, may be cured, especially the *Green-Sickness*, and *Suppression of the Courses*. But if at any time the Steel should prove ineffectual, the Patient must be sent to the *Mineral-Waters* that are impregnated with Iron-Oar, such as those at *Tunbridge*, and others lately found out. The Chalybeat Virtue of those Waters, both because of the large quantities of them that are drunk, and their Agreeableness to Nature, is more thoroughly mixt with the Blood, and more certainly quells the Disease, than all the most exalted Preparations of Steel.

But above all, this Caution is to be observ'd during the drinking of the Waters, That if the Patient be seiz'd with any Sickness, that may be thought to proceed from the *Hysterical Disease*, she must abstain from drinking the Waters for a day

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day or two, till that Symptom disappear, which otherwise would hinder the Passage of the Waters. 'Tis true indeed, that these Waters are less apt to agitate and disturb the Humours and Spirits, than even the most gentle Cathartics; yet they do in some measure produce the same effect by their diuretic Quality, and besides they are often purgative. If then the Waters themselves by disordering the Humours and Spirits do sometimes obstruct their own Passage, how unreasonably must they be suppos'd to act, who order their Patients to be purg'd twice or thrice every Week during the use of the Waters; or, which is still more ridiculous, prescribe purging Medicines to be mixt with the Waters.

But if the utmost Efficacy of the Iron-Waters be not sufficient to overcome the Stubbornness of the Distemper, our next recourse must be to *Hot Sulphureous Waters*, such as those at *Bath*; which the Patient must *drink* two days, and *bathe* in them the third, continuing after this manner to drink and bathe by turns for two whole months. For the sick Persons must persist in this course, not only till the Symptoms be mitigated, but till they be out of danger of a Relapse, and their Healths perfectly restor'd.

Even *Treacle of Andromachus* alone, if it be long and frequently us'd, is a very powerful Remedy for this Disease; and not for it only, but for many others that proceed from the Defect of Heat or Concoction, it is perhaps the most noble Remedy that ever was invented, tho' slighted by many for its Commonness and Antiquity.

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If the Patient be not of a thin and choleric Habit of Body, it will be very convenient for her thrice a day to take a few Spoonfuls of an Infusion of *Gentian, Angelica, Wormwood, Centaury, and the yellow part of the Rind of an Orange, made in Spanish Wine.* And I have often and with good Success, prescrib'd a large Draught of that Wine by it self to be drunk at night by *Hysterical Women*, who in a short time have grown strong, lively, and chearful.

Besides, the *Peruvian Bark* is sometimes used with wonderful Success, for strengthening and invigorating the Blood and Spirits. And I have observ'd that several *Hypochondriacal Men and Hysterical Women* who had been long and dangerously ill, and were much weaken'd and disorder'd by the Disease, have been restor'd to a sound and vigorous Constitution of Body, only by taking a *Scruple of the Bark every Morning and Evening for some Weeks.* And this Remedy is not more effectual in any sort of *Hysterical Distemper*, than in that which is accompanied with *Convulsions*, the Patient struggling violently, and beating her Breast. Yet it must be acknowledg'd, that it doth not so infallibly cure these Diseases, as intermitting Fevers. I cannot forbear on this occasion to take notice of the undeserved Fate of this illustrious and almost miraculous Remedy, which now is as much hated and oppos'd, because it is attended with so certain and speedy Success in the cure of Diseases, as it was formerly for its Novelty and Strangeness in these Countries. But the most excellent Men, as well as Medicines, do rarely meet with a better Treatment from the ungrateful World.

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If any of the above-mention'd Remedies shall be found not to agree with the Patient's Constitution, as it often happens to cholerick and lean Women, a Milk-Diet may be prescrib'd. For some Women that have been long troubl'd with the Hysterical Passion, after all the successless Endeavours of their Physicians to conquer the Obstinacy of the Distemper, have been restored to Health by using a strict Milk-Diet for some time: Those especially that were troubl'd with that kind of the Disease, which I call the *Hysterical Colic*; who had long accusom'd themselves to repeated Doses of Narcotic Medicines, the Pain still returning as soon as the Force of the Remedy was spent. But that which is most surprising in this Method of Cure, is this, that the Spirits are corroborated and invigorated by the use of Milk, which yet affords a very raw and cold Nourishment. Yet this will neither seem incredible nor unreasonable, to one that shall consider how much more easily Nature is able to digest such simple Nourishment, than that which is generated from compounded Meats and Liquors; and that an equality of Temperament in the Blood and Spirits is a necessary Consequence of so perfect a Concoction. Besides it may be observ'd, that 'tis not the bare Weakness of the Spirits consider'd absolutely, but with reference to the state of the Blood, that occasions those Disorders which the Patients suffer. For the Spirits of an Infant may be endu'd with a sufficient degree of Strength and Firmness, in proportion to its Blood; but not suited to the Constitution of the Blood of an adult Person. Now, tho' it must
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be acknowledg'd that Milk is a weak and raw sort of Food, yet since by the constant use of it the Blood is made more soft and tender, if suitable Spirits be generated out of it, things must be in a good Posture. But notwithstanding of all the Advantages of such a Diet, there are some who are not able to master those Inconveniences which it usually occasions when they first begin to drink it ; namely its coagulating in the Stomach, and insufficiency to preserve the Body in a due measure of Strength and Vigor.

But after all, I know nothing that doth so powerfully strengthen and corroborate the Blood and Spirits, as long, frequent, and almost daily *Riding* : For in this kind of Exercise, the main force of the Agitation falls on the Lower Belly, in which the Vessels that are appointed by Nature for the Evacuation of the Excrementitious parts of the Blood are situated. And therefore what Depravation of the Functions, or Defect of the Organs, can be suppos'd, or even imagin'd, that will not yield to so many thousand daily-repeated Shocks ? And what preternatural Substance or peccant Juice can stick so fast, or be lodg'd so deep in any part of the Body, that may not either be reduc'd to a state agreeable to Nature, or dissipated and expell'd by the frequent use of this Exercise. Besides, the whole Mass of Blood is renewed and invigorated by this perpetual Motion, which agitates and thoroughly mingles all its Parts. This Method is indeed less proper for Women, that are accusom'd to a lazy and sedentary Life ; but it is very convenient for Men, and exceeds all other Remedies whatsoever. I might confirm this

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Assertion by the Relation of a very memorable Cure, which I perform'd by this Method, in the Person of a *Reverend Prelate of this Land*. Who after an immoderate Application of his mind to Study and Serious Contemplations falling into an *Hypochondriacal Distemper*, by which all the Ferments of his Body were deprav'd; and having in vain past through several tedious courses of Chalybeat Remedies, and repeated Purgations, and with the same ill success having try'd almost all the various sorts of Mineral Waters, Antiscorbutic Medicines and Testaceous Powders, was at last seiz'd with a *Colliquative* or *Melting Looseness*. He was in this desperate Condition, when by my advice, he was perswaded to prove the admirable efficacy of this exercise: In which he persisted for several Months, till having, by his own Relation, rode some Thousands of miles, he not only recover'd his former Health, but also acquir'd a Sound and Vigorous Habit of Body.

This is the General method of curing these Distempers, which obviates their Original Cause; viz. The Weakness of the Temperament of the Blood; and therefore takes place only in the Intervals between the Paroxysms. But if the Fit be attended with some violent Symptoms, that threaten present danger if not speedily prevented, we must instantly have recourse to *Hysterical Remedies*, which by the strong and stinking Smell that they send forth, are wont to repel the Disorderly and Vagrant Spirits, being either taken inwardly, held to the Nose, or outwardly apply'd; such as *Asa fetida*, *Galbanum*, *Castoreum*, *Spirit of Sal Armoniac*, &c.

If the Paroxysm be accompany'd with an unsufferable Pain in any Part of the Body, or with a violent *Vomiting* or *Looseness*: Besides the Hystrical Remedies, *Laudanum* must be made use of, which only is able to quell those Symptoms.

But unless the Pain that occasions the Vomiting be altogether intolerable, neither *Laudanum* nor any other Composing Medicine must be exhibited, without premising convenient Evacuations. For sometimes there is a vast quantity of Blood and Humours accumulated in the Body, which will certainly hinder the Operation of the most powerful Quieting Remedy. Beside I can testify from manifold Experience, that they who accustom themselves by degrees to the use of *Laudanum*, without premising necessary Evacuations, are oblig'd to repeat the use of the same Remedy, to prevent the Return of the Pain after the Virtue of the former Dose is spent, and to continue after the same manner for several years, augmenting the Doses gradually, which they cannot abstain from, tho' it depraves all the Concoctions, and weakens the natural Functions: Yet I must acknowledge that I do not think that the use of *Laudanum* is immediately hurtful to the Brain, Nerves, or Animal Faculties. If therefore the Patient be of a Masculine Habit of Body, or of a Sanguine Constitution, a Vein must be open'd, and a Purgative Medicine administer'd; especially if she has been long free from the Insults of the Distemper. But if she be weak, and of a tender Constitution, and has been lately troubl'd with the same Symptoms, it will be sufficient that her Stomach be wash'd, by drinking a Gallon of

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Posset, more or less, and vomiting it up immediately; after which let her take a large Dose of *Treacle of Andromachus* or *Orvietan*, and drink after it a Draught of some spirituous and not unpleasant Liquor, with a few drops of *Laudanum*. But if the Patient has been already troubl'd with Vomiting some considerable time before the Physician's coming, and he has reason to fear that a Vomitive Medicine would irritate and enrage the Spirits, and extremely weaken the Patient, he ought to exhibit *Laudanum* without delay, and so to proportion the Number and Quantity of the Doses to the Duration and Violence of the Symptom, that the Remedy may be equal, or rather superior to the Disease.

To what hath been said concerning this Case, I shall add two very important Remarks. First, when after necessary Evacuations you proceed to the use of *Laudanum*, you must continue to repeat the Doses till the Symptom disappear; interposing convenient spaces between the Doses, that you may be able to perceive the effect of one, before you give another: And Secondly, during the use of that Remedy, you must abstain from all manner of Evacuations: For even the gentlest Clyster of Milk and Sugar, might destroy all that the *Laudanum* had done, and recal both the Pain and Vomiting.

'Tis not *Pain* only that indicates the use of *Composing Medicines*; enormous *Vomiting* requires also large and often repeated Doses of them. For the *Peristaltic* motion of the Stomach (by which its Contents should be thrust downwards) being inverted, the Medicine is cast forth through the Gullet, before it can exert its force, unless a

new Dose be given after every Vomiting, and especially in a solid form: or if it be administred in a Liquid form, the Vehicle ought to be so small, that it may only wet the Stomach, and that its being cast up again may be prevented: For example, *a few drops of Laudanum may be given in a Spoonful of strong Cinnamon Water.* The Patient must be also admonish'd to rest quiet after she has taken *Laudanum*, and especially to keep her Head unmoved, the least motion of which is apt to bring on a new Fit of Vomiting. And to prevent a Relapse, 'twill be convenient to exhibit a Dose of the Quieting Medicine every morning and evening for some time after the Desire to Vomit ceases: Which is also to be observ'd in the case of *Hysterical Pains* and *Looseness*.

I have already taken notice of the Fallaciousness of this Distemper, which is sometimes so great, that 'twill require all the Care and Sagacity of the most skilful Physician, to distinguish it from those Diseases which it resembles so nearly; such as the *Stone* and *Colic*, which proceed from different Causes, and require a very different Method of Cure. And I am certainly perswaded that there is no other Case in which the Mistakes of a Physician are more fatal and destructive to the Patient.

There is also another very dangerous Error which Women in Child-bed are frequently guilty of, and are thereupon seiz'd with this Disease, at a time, in which, tho' it be not absolutely mortal, yet it often proves fatal on the score of its direful Consequences. For I believe that of all those who die in Child-bed, scarce the tenth Woman, by a modest Computation, perishes either

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by the cruelty of the Pains of Travailing, or for want of strength to undergo them. But the fatal occasion of so many Deaths is this; the Sick Woman leaving her Bed too soon, is upon the first Motion of her Body seiz'd with Hysterical Fits, which stop the *Loches*, and are afterwards follow'd by a numerous Train of deadly Symptoms. Wherefore, those that will be govern'd by my advice, I confine to their Beds during the first *Ten days* at least after their Delivery, if they are naturally Weak, or have been formerly subject to (what they call) Vapours. For besides that the Rest which they enjoy in their Beds preserves them from the above-mention'd Symptoms; the uninterrupted Heat of the Bed cherishes the Spirits that have been broken and exhausted by the Pains of Travailing, and by the Evacuations that usually happen at such times; and also assist Nature by digesting and dispelling all those Crudities that the Woman had gather'd, during the time of her being with Child. Concerning the cure of *Suppression of the Loches*, See page 95. But observe that 'tis the duty of every prudent Physician, after the proper Remedies have been sparingly administer'd to expect what time will produce, for the Danger grows less daily, and if the Patient pass the *Twentieth day* she is almost secure. Besides, after she has recover'd a little strength she will be better able to endure a convenient Method of Cure; whereas by overwhelming Nature with a Load of Medicines at the Beginning, not only the Cure is not promoted, but even the Disease and its Cause, *viz.* the Perturbation of the Spirits may be augmented. This is a very important

Remark, which I constantly obſerve, not only in this, but in all Acute Diſeaſes, which I cannot promiſe to Cure by any certain Method.

But beſides the original Cauſe of this Diſeaſe, which is the *Native Weakneſs* of the Spirits; it is alſo frequently occaſion'd by an *Adventitious Weakneſs* of them, proceeding from the *Immoderate Flowing of the Courſes*, either after the Birth of a Child, or indifferently at other times. Concerning the latter caſe, See page 53, and concerning Child-bed Purgations, See page 58.

Another but leſs frequent Cauſe of Hyſterical Diſtempers is the *Falling down of the Womb*, concerning which ſee page 44.

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IV. *Concerning the Dropsy.*

People of all Ages and both Sexes are sometimes troubl'd with this Distemper: Yet Women are more obnoxious to it than Men. It commonly assaults Men of a Declining Age, and Women after they have left off bearing Children, tho' it sometimes seizes on barren Women while they are yet young. The Dropsy is first discover'd by the Pits, remaining in the lower Parts of the Legs after they are prest with ones Finger, which are especially conspicuous at night, but disappear in the morning. Yet this is not so certain a sign of a Beginning Dropsy in Men, as in Women: For the same Symptom is frequently observ'd not only in Women with Child, but even in those who upon any occasion suffer a suppression of their Courses. Neither are these Swellings an infallible sign of the Dropsy in Men: for if an Old-Man, of a full Habit of Body, be suddenly, and in the Winter, freed from an *Asthma*, with which he hath been troubl'd several years, a great Tumour instantly seizes on the Muscles of the Legs, like to that in a Dropsy, and after the same manner riseth to a greater height in the Winter than in the Summer, and in Rainy than in Fair weather; and yet without creating any remarkable inconvenience to the Aged Man, it will accompany him to his Grave. But generally speaking, the

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swelling of the Legs, even in Men may be accounted as a foregoing sign of the *Dropsy*, which daily encreasing, till the Feet not being able to contain a greater quantity of Water, it rushes first into the Legs, then into the *Abdomen*, which by degrees is extended to its utmost capacity by the *Serum* that perpetually falls from the Blood: inasmuch that it is often observ'd to contain several Gallons of Water.

In the mean time the Disease is accompany'd with three Symptoms. 1. *A Difficulty of Breathing*, caus'd by the Waters which press upon the Diaphragm, and hinder its natural motion. 2. *Voiding a less quantity of Urine than usually*, the *Serum*, which should have been expell'd by the urinary passages, being now lodg'd in the *Abdomen*, and other parts. 3. *Intense Thirst*, proceeding from the putrefaction of those serosities, which contract Heat and Sharpneis by their long stay in the Body, from whence it comes to pass, that the sick Person is also troubled with a sort of Fever.

As the bulk of the affected parts encreases, the other parts grow proportionably leaner and more slender; and at last the Waters breaking forth out of the *Abdomen*, the nobler Entrals are drown'd by the Inundation, and the Patient ends his wretched days.

The cause of this Disease, in general, is the *Weakness of the Blood*, which not being able to assimilate the Nourishment that is brought into it, is forc'd to throw it off to the extreme and hanging parts of the Body, and then to the *Abdomen*, where Nature frames little Bladders to receive it, till encreasing to a prodigious quantity,

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quantity, it is included only in the *Peritonæum*.

Now the Blood is weaken'd by immoderate Evacuations of it, by long Diseases, or by that pernicious custom of drinking spiritous Liquors, by which also the natural Ferments of the Body are destroy'd, and the Spirits are dissipated. Whence it comes to pass, that tho' the *Dropsy* be a cold Disease, yet Drunkards are more obnoxious to it than others. And on the other hand, the Drinking of Water by those who have been long accusom'd to strong Liquors, is equally prejudicial to the Blood.

There is also another and very different cause of the *Dropsy*, that is sometimes observ'd in Women. For one of the *Testicles* being obstructed, and its contexture by degrees perverted by the matter that is included in it, the Coat that surrounds it is at length wonderfully distended, and when it is just ready to burst, Nature prepares certain Bladders to receive the Humour; one or more of which breaking and discharging their contents into the cavity of the *Abdomen*, produce the same Symptoms that we have already ascrib'd to the *Dropsy*.

There are two other kinds of Swellings in the *Abdomen*, which resemble the *Dropsy*, and happen commonly to Women. The first is a preternatural Excrescency of *Flesh* in the part within the *Abdomen*, which swells the Belly to as great a bulk, as when it is full of Water. The other *Species* proceeds from *Wind*, which produces not only a Swelling, but also the other signs of a Woman's being with Child. Stale Virgins after they are married, and Widows, are chiefly molested with this Symptom; who,

not only in their own, but even in the Midwife's Judgment, having felt the motion of the Child all the usual time, and being from time to time troubl'd with sickness, as Women with Child are wont to be, their Breast also swelling, and Milk dropping out of them make Provision of Clouts, and other Necessaries for the imaginary Infant; till by the gradual abating of their swoln Bellies, their vain Expectations are frustrated. But neither of these Symptoms belongs to the Disease that is the subject of this discourse.

The genuine *Indications of the Cure* are, first to expel the Waters contain'd in the *Abdomen*, and other parts; and in the next place to prevent a new Accumulation of Water, by corroborating the Blood.

To begin with the *Evacuation of the Serum*, 'tis a certain truth, and of great moment to be observ'd, that such *Cathartics* as are either too weak or too slow in operation, do more harm than good to Hydropical Persons. For all purging Medicines being Enemies to Nature, and Purgative meerly on that score, do in some measure hurt and weaken the Blood; and therefore if they pass not speedily through the Body, they augment the swelling by stirring that puddle of Humours which they are not able to expel, and raising a Tumult in the Blood, which appears but too evidently in the Feet of those that are gently purged. Wherefore on this occasion we must have a special Regard to the Constitution of the Patients Body in respect to Purgatives. For since several Persons are endu'd with peculiar dispositions in this respect, we must

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must always proceed with a great deal of Caution in the administration of Purging Medicines. We must not only consider the sensible Temperament of the Patients Body; for we shall find some Strong and Robust Persons, who are very easily wrought upon by Cathartics; and others who tho' they be of a weak and infirm Constitution, can scarce be mov'd by the strongest Medicines. And for want of a heedful Regard to this Caution, I have observ'd that Super-purgations have been frequently occasion'd even by Lenitive Potions.

Besides, we must proceed with all expedition to the total expulsion of the Waters; in order to which it will be convenient to repeat the purgation every day, unless the extraordinary weakness of the Patient, or the too violent operation of the last Dose should make us alter our Method, and sometimes give the Patient a day or two of Respite. We must not give the Enemy time to recruit his Forces by interposing long Intervals between our Attacks; lest by neglecting to make use of our Victory, and granting an unseasonable cessation of Arms, we be at last compell'd to make an inglorious Retreat. And besides the danger of a new Accumulation of the Waters, the Entrails might in time be corrupted and putrefy'd, if the Waters should be suffer'd to lodge too long among them. Nor must we forget to consider that the Waters that have been already put in motion by proceeding Cathartics, are more apt to do mischief than if they had never been disturb'd.

Moreover 'tis confirm'd by Experience that most all *Hydragogues* or Medicines that expel Waters

ters have this peculiar property, that they rarely operate effectually if they be exhibited by themselves to such as are hard to be wrought upon: and that even the largest Doses of them, instead of expelling the Humours, raise Commotions in the Blood, and by so doing augment the swelling which they should have lessen'd; and therefore in this case they ought only to be made use of to quicken the operation of Gentler Medicines. And yet 'tis observable that *Hydragogues* work both speedily and effectually on those who yield without much difficulty to the force of purgative Remedies. To whom if *Syrup of Buckthorn* be exhibited, and even alone, it will evacuate a great quantity of almost pure Water; without either disturbing the Blood or heightning the colour of the Urine, both which are the usual Effects of other Cathartics: only 'tis attended with this inconvenience, that it causes a violent Thirst during the time of its operation. But the largest Dose of this Syrup, if it be exhibited to such as are not easily to be wrought upon by purging Medicines, will give them but few Stools, and those not so watery as they ought to be.

I remember that about 27 years ago, which was the first time that I was invited to the cure of this Distemper, I was sent for to visit a certain honest and pious Matron call'd *Saltmarsh*, living at *Westminster*, whose *Abdomen* was swoln to a prodigious bigness by a *Dropsey*, than which I have not hitherto seen one more violent. I gave her an ounce of the abovemention'd Syrup before dinner, according to the custom of those Times, and 'tis almost incredible what a vast quantity

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quantity of Waters it expell'd by Stool, without either disordering or weakning the Patient in the least. Encourag'd by this success I order'd the same Dose to be repeated daily, intermitting only a day or two sometimes, when she seem'd to be weaker than ordinary. Thus the Waters being evacuated by degrees, the Swelling abated daily, and the Patient recover'd perfect Health. The happy Issue of the Cure flatter'd my youthful Confidence, and with all the rashness of an unexperienc'd Man I fancied that I was master of a Remedy sufficiently able to conquer the most obstinate *Dropsy*: but I was soon convinc'd of my Error: For being shortly after call'd to cure another Woman that had been seiz'd by the same Distemper after a long Quartan Ague, I gave her my Syrup, endeavouring in vain to expel the Waters, by repeating and gradually augmenting the Doses. At last the Woman seeing that the swelling of her Belly encreas'd daily, dismiss'd me, and if my Memory do not fail me, was afterwards cur'd by another Physician, who made use of more effectual Remedies.

If therefore upon examination you find the Patient to be of such a Habit of Body, as not to be easily wrought upon by mild Cathartics, you must have recourse to stronger Remedies. In which case, you must observe (what I intimated before) that few *Hydragogues*, if you exhibit them alone, will answer your expectation; but they may be made very effectual by mixing them with gentler Medicines. Thus for example, I have often and with good success prescrib'd the following Potion to such Persons. *Take*
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half an ounce of Tamarinds, &c. see page 61. But this Potion must be exhibited only to Robust Persons, whom it purges after other Medicines have been try'd in vain, as I have found by manifold experience; Or Take of White Wine four ounces, &c. see page 61.

I shall here subjoin another Remedy, which I use not unfrequently; 'tis convenient for those who cannot endure the repeated use of other Cathartics; for it warms and strengthens at the same time that it Purges. *Take of Jalap Root beaten, Hermodactyls, of each half an ounce, crude Scammony three drams, Sena leaves two ounces, Liguorish, Anniseeds and Carroway Seeds, of each half an ounce, Tops of Wormwood, and Sage Leaves of each one handful: Infuse them cold in three pints of common Aqua Vitæ, to be strain'd only when 'tis us'd. Take one Spoonful at night when you go to sleep, and two more next morning, augmenting or lessening the Doses according to the operation of the Medicine.*

There are two other Remedies which I prefer before the rest, as being the most effectual of all that I have hitherto made trial of, in the case of those that are difficultly wrought upon by Cathartics, I mean *Elaterium*, and the *Infusion of Crocus Metallorum*. *Elaterium*, or the *Fæcula of Wild Cucumbers* works very powerfully in a small Dose, expelling copiously the Excrements with serious and watery Humours; inso-much that two grains of it, generally speaking, may be a convenient Dose for most Persons. I use to order them to be mixt with a scruple of the Pills *ex duobus*, and made up into three small Pills, to be taken in the morning.

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As for the *Infusion of Crocus Metallorum*, an ounce and an half, or (if the Patient be very hard to work upon) two ounces of it, given in the morning, and repeated every day, according to the Patients strength, tho' it seems only to promise the evacuation of the matter contain'd in the Stomach, will at last free the *Abdomen* from its burthenfom load of Water. For besides that, after the vomiting ceases, it usually works downwards; so great a concussion and agitation of the Stomach and Entrails, cannot but occasion an Evacuation of the Water with which these parts are surrounded, tho' the Passages through which it is expell'd, do not lie open naturally. And whatsoever the Channels be, through which the Water is convey'd out of the Cavity of the *Abdomen* into the Intestines, 'tis certain that these same Waters are powerfully expell'd by the Vomiting that is caus'd by the foremention'd Medicines, and that not only downwards by Stool, but even upwards through the Stomach and Mouth: For after the Patient has vomited two or three times, the Waters appear not so much to be drawn out by the force of the Medicine, but rather to gush out with a full stream; as 'tis plain from their breaking forth violently in the very Intervals betwixt the several Vomitings.

But when I find that the above mention'd Vomit hath not effectually purg'd the lower Region of the Belly, after the third or fourth Dose I use sometimes (tho rarely) to add both *Electuary of the Juice of Roses* and *Syrup of Buckthorn*: for example, *Take of Carduus Benedictus Water three ounces, Infusion of Crocus Metallorum an ounce*

ounce and an half, Syrup of Buckthorn half an ounce, Electuary of the Juice of Roses two drams; mix and make a Potion.

In the Month of *August* last, a certain poor Woman aged about 55 years, beg'd my assistance. She had been long troubl'd with an Intermitting Fever, and had afterward lain three Years in Prison, where she suffer'd much by cold, and at last her Belly was swoln to such a Bigness, that I had never observ'd the like. I gave her an ounce and an half of the *Infusion of Crocus Metallorum*, daily for three days, and afterwards every other day according to her strength, till she had taken in all six Doses. When she begun first to Vomit, her Urine was totally suppress'd, which she afterwards voided sometimes but very rarely: The oftner she repeated the Vomit, she voided greater quantities of water, and towards the end both upwards and downwards. But after the third Dose, the swelling began to abate; and after a Fortnight, she found by measuring her Body with a Thread that she was grown three feet slenderer, having by supputation voided several Gallons of Water. Thus she who before was forc'd to sleep sitting upright in her Bed, lest she should be choaked by the pressure of the Waters, could now securely lay her Head on her Pillow, and turn her Body at pleasure. But since the violent Operation of the Vomit had rais'd the *Vapours* (as they are call'd) to such a degree, that I durst not persist longer in that method, tho it appear'd but too plainly that there was still a great deal of water left in her Body, both by the Bulkiness of her Belly, and the Rolling of the

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the Waters which she felt when she turn'd her Body, as also by the marks that remain'd in her Legs when any thing prest against them : and therefore I was forc'd to have recourse to purging Medicines, properly so call'd. I proceeded then to prescribe either the above-mention'd Potion, or some other *Hydragogue*, repeating the Doses by long or short Intervals, as the Patients strength would permit, and as the Vapours were more or less troublesome. For even the Cathartics did in some measure produce Hysterical Symptoms, tho' not to such a degree as the Vomits were wont to do. And I persisted in this Method, till she seem'd to be perfectly recover'd. In the mean time during the progress of the Cure I made these remarks. First I observ'd, that in the days that were free from purgation she sometimes voided great quantities of Water by Stool, and towards the end also by Urine, to the quantity of a Gallon ; tho' I allow'd her only a pint and an half, or a quart of drink by the day. Secondly it was worth noting, that when the Cure was almost finish'd, if at any time the Vapours were rais'd by purgation, the Belly swell'd, chiefly upwards, as if it had been distended with a new load of Waters, which yet I knew could not be the cause of this Symptom, since the Patient drank so sparingly ; and therefore I concluded that it must proceed from Wind, which might be generated by those disorders that were occasion'd by the operation of the Cathartic, and my opinion was confirm'd by the Event. For always when a purging Medicine was administer'd, even after the voiding of a Gallon of Water, she began immediately

immediatly to swell: Neither did the Tumour usually abate, which rose up even to her Throat, and was attended with shortness of Breath, till her Body being freed from the troublesom consequences of the Medicine, had recover'd its wonted tranquillity; after which the swelling and other Symptoms us'd immediatly to disappear, till they were provok'd again by the succeeding Purgation. I remark'd farther this Woman's Monthly Courses which had not appear'd for several years (she being as I intimated before about 55 years old) began again to flow abundantly; which Flux of Blood being join'd to the preceeding Evacuations, was follow'd by a multitude of Hysterical Symptoms, such as these, a vehement pain in the Back, and about the Region of the Spleen. Head-ach, and violent Cough. Besides, tho' after the Expulsion of so much Water, by the Mouth, Stool and Urine, it could scarce be imagin'd that any considerable Quantity should be left in her Body; yet her Belly was still as much swoln, as it us'd to be before there had been one drop evacuated. Wherefore to quiet those Commotions, which had continued a whole week after the last purgation, I was forc'd to exhibit an ounce and an half of *Diacodium* four nights together; and the same Dose was to be repeated three hours after, if the Patient cou'd not sleep. Thus the Tumult was appeas'd, and the Swelling vanish'd.

In the mean time I would have it observ'd, that if the Patient be troubl'd only with a little Swelling in his Belly, the Waters cannot be so easily driven out by the Infusion of *Crocus Metal-lorum*, as when the Tumour is very great and a
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vast quantity of Water is accumulated. For the very Bulk of the Waters, while they are agitated and shaken by the operation of the Vomit, contributes wonderfully to promote the Evacuation of them : and therefore unless the swelling be very considerable, 'twill be altogether convenient to commit the whole business of Evacuation to Medicines that purge downward.

There is also another common and simple Medicine, which is prepar'd by boiling, for example *three handfuls of the Inner Bark of the Elder in a quart of Milk and Water to a pint* : Of this Decoction one half is to be taken in the morning, and the other half at night, and the same is to be continu'd every day till the Patient recover. This Remedy works upward and downwards, as *Crocus Metallorum* does, and cures the Dropsy after the same manner, that is, not by any specific Vertue ; and therefore when it does not work by either of these ways, or not sufficiently, 'tis altogether useless ; but when it operates effectually either way, and especially both ways, 'tis an admirable Remedy.

But we must not forget to take notice that there are several cases, in which the Waters that distend the Legs, and even the Cavity of the *Abdomen*, must neither be expell'd by Vomits or Cathartics. As when the Tumour happens after a long Consumption, or proceeds from the Corruption and Putrefaction of some of the *Intrals*, or from the Relaxation and Abolition of the tone of the Blood, or from a dissipation of the Spirits : or is caus'd by the long continuance of *Fistula's* in the fleshy parts, which have
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thrown forth a great deal of matter, or by excessive Weakness, or immoderate Evacuations of the Humours or Spirits, by Salivation, Sweating, Super-purgation and thin Diet which have been us'd to excess in the Cure of the *French Pox*. In these and the like Cases, purgation is not only useless, but even augments the Disease by weakning the tone of the Blood. Wherefore things being in such a posture the Cure must be perform'd by strengthening the Blood and Internals. In order to which, besides the Comforting Remedies, that shall be mention'd afterwards, I have found by certain experience, that the change of Air, and convenient Exercise in a free Air are extremely conducive: For by this Method the Spirits are reviv'd and the Instruments of Excretion enabled to discharge their respective Offices.

But these are not the only cases in which Vomits and purgative Medicines are useless or hurtful: for we must also abstain from them if the Patient be either of a weak Constitution, or a Woman subject to Vapors and disorderly Motions of the Animal Spirits; and commit the Evacuation of the Waters to *Diuretics*. Among which the most (not to say the only) effectual Medicines are such as are made of *Lixiviate Salts*; which may be prepar'd indifferently of the Ashes of any sort of Plants. But since *Broom* is very easy to be had, and besides is commonly reputed to be good against this Distemper, I usually prescribe a pound of its Ashes to be infused cold in 4 pints of *Rhenish Wine*, adding a Pugil or two of the Leaves of Common *Wormwood*; and order the Patient to drink four ounces

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of the strained Liquor in the Morning, at five in the Afternoon, and at Night, and to repeat the like Doses daily, till the Swelling disappear. By which Remedy alone I have seen Dropsies cured, that have been given over for desperate, in such whose weak constitutions would not bear purgation.

The Waters being expell'd, which are the *immediate* Cause of the Disease; we must proceed in the next place to remove its *Original* Cause, which consists in the Weakness of the Blood; by a long and constant use of *Heating* and *Corroborating* Medicines, which may prevent a new accumulation of the Waters. For tho' it often happens that young Persons are cur'd by Purgation alone, their natural Heat being freed from the Pressure and Burthen of the Waters supplying the place of the fore-mentioned Remedies; yet 'tis absolutely necessary for Old and infirm Persons, after the Evacuation of the Waters, to have immediate recourse to those Simples which warm and invigorate the Blood. For which purpose it will be convenient to use the same Remedies, and observe the same Rules concerning the *Six Non natural Things*, that I recommended for the Cure of the Gout: Only *Wine*, which Gouty Persons must totally abstain from, is in this case not only harmless but very profitable, if it be us'd for ordinary Drink. Insomuch, that after the Passages are open'd, and Channels cleared for the Waters, 'tis absolutely necessary during the Progress of the Cure to oblige the Patient to make use of *Wine*, or at the least *Strong Ale* for ordinary drink. For all thin and cooling Liquors (how agreeable soever

soever they may be to the Patients Palate, by reason of the perpetual Drought that accompanies this Disease) render the Sick Person more Phlegmatic, and promote the Encrease of the Waters, and therefore are seldom or never to be allow'd. Whereas Strong Liquors, if they be not distilled Spirits, do so far advance the Cure, that 'tis sometimes performed by them alone, namely, in the begining of the Disease, when the *Abdomen* is not yet greatly distended by the Waters; especially if they be impregnated with *Heating and Strengthening Herbs*. Thus, when the Patients poverty would not suffer him to purchase better Remedies, I have often and with excellent success prescribed *Strong Ale* to be us'd for ordinary drink, in which a sufficient quantity of *Horse Radish Roots, Leaves of Common Wormwood, Garden-Scurvy-grass, Sage, and lesser Centory, and Broom tops* had been infus'd. For the Richersort, *Canary Wine* may be in the like manner impregnated with the same bitter Herbs; a small draught of which may be taken twice or thrice a day, during the use of the above-mentioned Remedies. Or if the Patient dislike that, *Wormwood Wine* may be substituted in its place, of which he may drink nine spoonfuls after the taking of two drams of the *Digestive Electuary* (described in the *Treatise of the Gout*, page 122) at the Physical hours, viz. in the Morning, at four in the Afternoon, and at Night: Which Electuary exceeds all Corroborating Remedies whatsoever. Moreover 'tis of great importance to observe, that if at any time the Patient must be allow'd to drink weaker Liquors, he must use them very sparingly; for 'tis remarkable

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that some have been cur'd only by a total Abstinence from Drink. But since this Distemper is commonly attended with a very troublesome Thirst, it will be convenient for the Patient now and then to wash his Mouth with cold water sharpen'd with *Spirit of Vitriol*, or sometimes to hold *Tamarinds* in his Mouth, or to chew a *Limmon*; but he must take care that he swallow none of them.

Also in a beginning Dropfy, *Steel* is none of the least effectual Remedies; for it invigorates and warms the Blood. And for the same reason *Garlick* is profitable, by the use of which alone, even without purgation, the Dropfy has been cured to my knowledge, tho' not by my advice.

For when only the Feet are Swoln, or the Belly but moderately distended, 'tis not always necessary to make use of Vomits and Cathartics; since without these the Cure is not unfrequently performed by the fore-mentioned heating and strengthening Liquors. But above all, 'tis to be observed, that when the Cure is attempted by Corroborating Remedies alone, or even by Lixiviates; the Physician must never purge his Patient either with strong or gentle Medicines, while he is endeavouring to invigorate his Blood for the Cathartic would certainly overthrow whatever the Corroborating Medicine had performed, the truth of which has been often confirmed by unwelcome Experience. For tho' during the Evacuation of the waters, it may not be unfit to interpose sometimes Corroborating Remedies; yet when the Business of the Cure depends wholly on the strengthening of
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the Blood, 'tis absolutely necessary to abstain from Cathartics.

Moreover 'tis observable, that sometimes the Cure remains imperfect after a due and regular use of all the Evacuating, Strengthening, and Heating Remedies; and after an exact observance of the Method that I have prescribed. For in a long and tedious *Ascites*, it happens frequently that by the long continuance of the waters in the Body, the Intrals are vitiated and as it were parboiled, and both they and the neighbouring Parts wholly corrupted, preter-natural Glands and Bladders full of corrupt or bloody Matter generated, and all within the Cavity of the *Abdomen* putrefied; as it appears evidently in the dissection of the Bodies of those who die of an inveterate *Ascites*. When things are in this posture, as far as I can see, all the Assistance of Art is useless. Nevertheless 'tis the Duty of a Physician, since he cannot certainly discern to what degree the Intrals are corrupted, to endeavour with all his might to resist the prevailing Distemper, both by evacuating and strengthening Remedies, and neither to be disheartened himself, nor to discourage his Patient. For in many Diseases, after the Morbific matter is wholly extirpated, we see that Provident Nature works wonders, and by unaccountable Methods protects the Patient from the fatal Consequences of the Distemper. Wherefore even in the most inveterate and desperate *Ascites*, we must proceed exactly after the same manner as if the Disease was but just begun.

As for *Topical* or *External* Remedies, all the Observations that I have made cannot furnish

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me with one Instance of any considerable Advantage that accru'd from the use of them. The least hurtful are such as are apply'd to the *Abdomen* by way of *Liniment* or *Cataplasm*, to discufs; tho' after all I do not perceive how the Waters can be discuft. But there are things that are propos'd by some for Remedies, which are so far from being profitable, that they are extremely hurtful, such as the Ointments that are made of strong Cathartics, and apply'd to the *Abdomen*; and the blistering Plaisters which some apply to draw the Water out of the Legs that are extremely distended. Both these Methods are dangerous; for by the first, the purging force of the Symptoms does sometimes pierce so deep, and is so entangl'd in the Muscles and Membranes, as to cause a Superpurgation that can never be stopt by any Remedies.

And the *Blistering Plaisters* that are apply'd to the Legs by Quacks, do quite extinguish the natural Heat, that before was almost stiff'd by the Waters, and the Animal Spirits also failing, a Gangrene oftentimes follows. For the least Wound in the Flesh of Hydropical Persons, especially if it happen to be in a hanging Member, is very hardly to be cur'd, because the very substance of the Flesh in those parts is so full of Moisture, that if the smallest Passage be open'd, the Humour flows continually, and hinders, the healing or sodering of the Wound, and in my opinion, the *Paracenthesis* or Incision of the Belly, and *Pricking with a Needle* are attended with no less Danger, and are equally apt to produce the same fatal Consequences for which we condemn'd Blistering Plaisters.

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To conclude, tho' a confirm'd *Ascites* has been always reckon'd to be a desperate Disease, yet it will appear by the Event, that it may be as certainly cur'd by the Method that is describ'd in this Discourse, as other Distempers which are not commonly esteem'd to be fatal.

V. Concerning the Rheumatism.

THIS Disease rages most in *Autumn*, and attacks chiefly the younger sort. It is most usually occasion'd, when they who have overheated themselves by exercise or otherwise, do suddenly expose themselves to the Injuries of Cold. It begins with Coldness and Shivering which are immediately follow'd by Heat, Unquietness, Thirst, and all the unhappy Train of Symptoms with which Fevers are commonly attended. After a Day or two (and sometimes sooner) the sick Person is seiz'd with a violent Pain in some one or other of his Limbs, especially in the Wrists, Shoulders, and Knees; which shifting from one place to another, invades them by turns, leaving a certain Redness and Swelling which remains for some time in the Part that was last affected. The Fever vanishes by degrees, while the Pain continues, and sometimes grows more violent, the matter that caus'd the Fever being translated to the Joints; as it appears evidently from the frequent Returns of the Fever, that happen when the matter is re-

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pell'd by the undue use of external Remedies. When this Disease is not accompany'd with a Fever, it is often taken for the *Gout*, from which nevertheless it is essentially different; which perhaps has made so many Authors overlook it, if it ought not rather to be esteemed a new Disease. But whatever it was in former Ages, it is certainly but too common in this; and tho' after the disappearing of the Fever, it rarely proves mortal, yet the Vehemency and long continuance of the Pain will not suffer it to be neglected. For if it be unskilfully handl'd, it lasts not only Months, but several Years, and even sometimes continues to torment the miserable Patient all his Life, tho' not with equal fury, but by Fits, that return periodically, like those of the *Gout*. The Pain indeed may at last happen to cease of it self, while the Patient being otherwise in good Health, and enjoying a strong Appetite, is for ever depriv'd of the use of all his Members, the Joints of his Fingers being inverted, and knotty Protuberances, like those that are usually observ'd of the *Gout*, rising especially in the internal Parts of the Fingers.

There is also another kind of Rheumatism, tho' 'tis not commonly esteem'd to be of that Form, which may be very fitly call'd a *Rheumatic Lumbago*, or Pain in the Loins. In this case the Pain is fix'd about the Region of the Loins, and sometimes stretcheth downwards to the *Os Sacrum*, having a near resemblance to a Fit of the Stone, only 'tis not accompany'd with a desire to vomit: For besides a most sharp, and scarce tolerable Pain about the Reins, sometimes it seizes on the whole Ducts of the *Ureters*, as far as the

Bladder. And if it be not cur'd by the same Method that shall be prescrib'd for the other kind, it rages as violently, and lasts as long as that; and the wretched Patient not being able to be at quiet, either leaps out of his Bed, or sits upright in it, tossing his Body backwards and forwards without Intermission.

It seems evident that this Disease proceeds from Inflammation; and the same (if it were necessary) might be prov'd not only from the Symptoms that have been mention'd already, but also from the colour of the Blood that is extracted, which is exactly like to that in a Pleurisy. And therefore I think I may reasonably conclude that the Cure must be perform'd by bleeding, not neglecting in the mean time to temper the Blood, and allay its immoderate Heat, both by cooling and thickening Medicines, and by a convenient Diet.

As soon therefore as I am call'd, I command instantly ten Ounces of Blood to be taken from the Arm on that side where the Pain is felt, and prescribe a thickning and cooling *Julep* (such as that in the 30th Page) to be drunk at pleasure, or instead of it the *Emulsion* that is describ'd in the Chapter *Of the Pleurisy*. To assuage the Pain, I order a *Cataplasm of White-bread and Milk, ting'd with Saffron*, or a *Cabbage-leaf*, to be applied to the Part affected, and frequently renew'd. I enjoin a total abstinence from Flesh, and even from the thinnest Flesh-Broths; instead of which I substitute Broths made of Barley or Oats, Panado, and such like. For Drink I allow only small and mild Beer, or (which is better) a *Ptisan of Barley, Roots of Liquorice,*
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Sorrel, &c. boil'd in Spring-Water. In the mean time I admonish the Patient to abstain from his Bed some hours every day: For the Heat that is produc'd by a constant lying in Bed, doth encrease and heighten the Distemper.

The next day I order the same quantity of Blood to be taken away; and after a day or two more, according to the Patient's Strength, I proceed to repeat the Bleeding a third time: after which having allow'd him a Respite for three or four Days, more or less, as the consideration of his Age, Strength, Constitution, and other circumstances seem to require. I command the letting of Blood to be repeated the fourth (which is for the most part also the last) time. For it rarely happens that the Cure requires a greater expence of Blood, unless on the score of a too warm *Regimen*, or hot Medicines. Besides, Anodyne or quieting Medicines, by fixing the Disease, retard the effect of Bleeding, and therefore make it necessary to repeat that Operation oftner than otherwise the bare force of the Disease would have requir'd: for which reason I think it my duty to abstain from those Medicines during the whole course of the Disease; especially since they are not able to give that Ease which they seem to promise, in the height of the Distemper.

In the mean time I order a Clyster of sugar'd Milk to be administer'd now and then in the intermediate Days. And I earnestly exhort the Patient to continue in an exact observance of these Prescriptions, for eight days at least after the last Bleeding. After which I exhibit a *purging Potion* prepar'd with lenitive Ingredients,

and the same night a large Dose of *Syrup of Meconium* in *Cowslip-water*, to quiet the Commotions of the Blood, which otherwise might occasion a Relapse. And then I willingly permit the Patient to return by degrees to his wonted manner of living, with respect to *Diet, Exercise, and Air*; dismissing him with a Caution to abstain for a long time from Wine, and all spirituous Liquors, as also from Meat that is season'd with Salt and Spices, and in a word, from all manner of Food that is of hard Digestion.

After the last Bleeding, the Patient may expect a very considerable, tho' not entire Relief from the Rheumatic Pains; but as soon as his Strength which was much impair'd by so great an expence of Blood, is restor'd (especially upon the appearing of the next Season of the Year, which will more effectually promote the Recovery of his Strength, than that in which he was first assaulted by the Disease) all the Symptoms cease, and are succeeded by a state of perfect Health.

Now tho' by this or a like Method, if it be begun in due time, that is, from the first Invasion of the Distemper, the Patient is usually restor'd to Health; yet it happens not unfrequently, that when the Cure is attempted by a contrary Method, the Patient is ever after miserably tormented with wandring-Pains, the Violence of which abates and encreases by turns: and 'tis observable that there is need of a great deal of Circumspection to discover the true Original of these Pains, which are commonly thought to be Symptoms of the Scurvy. To declare my mind freely on this occasion, tho' I make no doubt but

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that the *Scurvy* properly so call'd is to be found in these Northern Countries; yet I am persuaded that many (not to say most) of those Symptoms which are usually ascrib'd to that Distemper, are either the effects of beginning Diseases; that have not yet put on any regular Form or Type, or the unhappy Relicts of some imperfectly cured Distemper, by which the Blood and other Humours are infected. Thus when a sort of matter is newly generated in the Body, that is apt to produce the *Gout*, but hath not yet fallen upon the Joints, certain Symptoms appear, which are suspected to proceed from the *Scurvy*, till the *Gout* being perfected, and discovering it self plainly, takes away all occasion of Suspicion. And even after the Paroxysm is over, the *Gouty* Person is still troubled with Symptoms that resemble the *Scurvy*, when Nature being disabl'd either by unreasonable Evacuations, or the Patient's Age, or by some other Cause, cannot expel all the morbid Matter to the Joints, which being retain'd, defiles the whole Mass of Blood, and produces a multitude of pernicious Symptoms. The same may be said of a beginning *Dropsy*; concerning which, tho' it be commonly said, *that where the Scurvy ends, there the Dropsy begins*; yet that Rule is to be understood no otherwise than thus, That as soon as the *Dropsy* begins to shew it self by manifest Signs, the *Scurvy* ceases to be suspected. This observation may be extended to many other *Chronical* Diseases, whether those that are only as it were in *Embryo*, and have not yet form'd to themselves any certain Type, or such as have been partly cur'd, but not fully extirpated. And

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truly unless the truth of this Reflection be acknowledged, almost all the Diseases in the World must be comprehended under the name of *Scurvy*. But if we search into the hidden Recesses of those Distempers that lurk under the Disguise of irregular Symptoms, every Disease will appear in its own Shape, and may be easily reduc'd to its proper *Classis*. And the Method by which these Maladies are to be cur'd, must not be adapted to their counterfeit Symptoms, but to the Disease it self, whatsoever it is, as if it had already put on a regular Form.

But here 'tis to be observ'd, that when the Rheumatism is of a long standing, and deeply rooted, 'tis not convenient to repeat Bleeding after so short Intervals, as at the beginning of the Disease: but rather to interpose some Weeks between the times of Bleeding. By which means the morbid Matter will be either totally expell'd, or so weaken'd, that by opening an Issue in one of the Legs, and exhibiting some *volatil Spirit* in *Canary Wine* every Morning and Evening, its Relicks may be extirpated.

Now tho' there is a great difference between a true *Rheumatism* and *Scurvy*; yet it must be acknowledged, that there is a sort of *Rheumatism*, that has a very near resemblance to the *Scurvy*, which it imitates in its principal Symptoms, and requires almost the very same Remedies, and therefore may be fitly call'd the *Scorbutic Rheumatism*. The Pain wanders from one part to another, but seldom raises a Tumour, as in the other kind, nor is it accompany'd with a Fever. Besides, it is not so fix'd, but of a more uncertain Disposition, and attended with irregular Symptoms

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Symptoms. Sometimes it seizes one Limb, sometimes another, and at other times it assaults only the internal Parts, by which means a Sickness is produc'd, which vanishes again as soon as the Pain returns to the outward Parts. Thus the Patient is tormented by turns, and the Disease continues very long after the manner of the most Chronical Distempers. It chiefly assaults Women, and Men too that are of a weak Constitution : Insomuch that I should certainly have suspected it to be a kind of Hysterical Distemper, if repeated Experience had not taught me that it yields not to Hysterical Remedies. Moreover they who have us'd the *Peruvian Bark* long and often are obnoxious to this Disease, which by the way is the only Inconvenience that ever I observ'd to follow upon the use of that Remedy. But in this and all other Causes this Disease may be easily and perfectly cur'd by the following Remedies, which I should have conceal'd if I did not prefer the public to my own private Interest. For by these alone I have restor'd many to Health, who without receiving the least relief had try'd repeated Bleeding, Purging, a Milk-Diet, Testaceous Powders, &c.

Take fresh Conserve of Garden Scurvy-Grass two Ounces, of Wood-Sorrel one Ounce, Compound Powder of Aron, six Drams, Syrup of Orange as much as sufficeth ; make an Electuary ; of which let the Patient take two Drams thrice a Day for a whole Month, drinking three Ounces of the following Water after every Dose.

Take of Garden Scurvy-Grass eight Handfuls, Brooklime, Water-cresses, Sage, and Mint of each four handfuls ;

handfuls, the Bark of six Oranges, Nutmegs beaten half an Ounce. Infuse them in 12 Pints of Brunswick Mum, and distil them in a common Still, drawing off only six Pints of Water for use.

The exact Dose of the Compound Powder of Aron, must be observ'd, or at least must not be lessen'd.

F I N I S.

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